LITTLE CHAMPS

WE DON'T TEACH JIU-JITSU, WE PLAY JIU-JITSU!

Classes 1 Snake Bite Base Battle 2 Shark Bite Power Hug 3 Spider Kid Tackle The Giant 4 Crazy Horse Bulldozer 5 Guard Monster Base Battle 6 Spider Kid Crocodile Control 7 Guard Monster 5 Snake Bite Crazy Horse 9 Shark Bite Guard Monster 10 Crocodile Control 11 Spider Kid Power Hug 12 Crazy Horse Base Battle 13 Bulldozer Crazy Legs 14 Snake Bite Guard Monster 15 Shark Bite Giant 16 Crocodile Control Tackle The Giant 17 Crazy Horse Base Battle 18 Crocodile Control Tackle The Giant 19 Crocodile Control Tackle The Giant 10 Crocodile Control Tackle The Giant 11 Spider Kid Court Hug 12 Crazy Horse Base Battle 13 Bulldozer Crazy Legs 14 Snake Bite Guard Monster 15 Shark Bite Power Hug 16 Crocodile Control Tackle The Giant 17 Crazy Horse Bulldozer 18 Crocodile Control Guard Monster 19 Spider Kid Crazy Legs 19 Crazy Legs 10 Crazy Legs 11 Crazy Legs 12 Crazy Legs 13 Crazy Legs 14 Crazy Legs 15 Shark Kid						
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17 Bulldozer 18 Crocodile Control Guard Monster 19 Spider Kid Crazy Legs Crazy Legs Crazy Legs						
17 Bulldozer 18 Crocodile Control Guard Monster 19 Spider Kid Crazy Legs Crazy Legs Crazy Legs		Crazy Horse				
18 Guard Monster 19 Spider Kid Crazy Legs Crazy Legs	17					
19 Spider Kid Crazy Legs Crazy Legs	18	Crocodile Control				
Crazy Legs Crazy Legs		Guard Monster				
Crazy Legs Crazy Legs	19	Spider Kid				
Tackle The Giant	20					
		Tackle The Giant				

July 2025							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 SCHOOL IS CLOSED FOR CANADA DAY LONG WEEKEND	2 4:00p – Class 20	3	4	5 1:30p – Gracie Bullyproof (ages 5-12)		
7 4:00p – Class 1	8	9 4:00p – Class 2	10	11	12 1:30p – Gracie Bullyproof (ages 5-12)		
14 4:00p – Class 3	15	16 17 18 19 CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING					
21 22 23 CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING			24	25	26 1:30p – Gracie Bullyproof (ages 5-12)		
28 4:00p – Class 4	29	30 4:00p – Class 5	31				

Keeping it Playful in 20 Classes!

Using our time-tested "Gracie Games", we're able to teach the Little Champs a series of basic self-defence techniques while instilling the foundational principles of leverage and control.

Character Development The Gracie Way!

Our goal is to develop your child's character to ensure success in all aspects of life. There are 6 chapters in the Gracie Character Development Program: Responsibility, Health, Respect, Citizenship, Manners, and Caring. We spend two months on each chapter, and during each class we dedicate a few minutes to discussing the featured character trait and the simple things your child can do to make it a part of their everyday lives!

Log-on & Boost Progress!

Once your child is enrolled in the *Little Champs* program, you qualify for a free subscription to GracieUniversity.com. Our interactive online learning platform for Gracie BullyProof. With comprehensive videos covering every technique your child learns in class, you and your child can use your online access to review past lessons and learn new techniques – from your computer or mobile device right from home! If you have trouble accessing your lessons online, please speak to a Tri-Cities Gracie Jiu-Jitsu Community Coordinator for help.

Junior Grapplers Qualification Requirements

Once your child has earned all 6 character development badges and demonstrated their ability to perfecting all the Gracie Games in every possible combination, they will be eligible for entry into our Junior Grapplers program.

Contact Tri-Cities Gracie Jiu-Jitsu to Get Started!

(866) 936-1252 | www.tricitiesgjj.com | 2813 Spring Street, Port Moody, BC

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Little Champs Calendar