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	17	Crazy Horse			
18 Guard Monster 19 Spider Kid Crazy Legs Crazy Legs					
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			

September 2025							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 SCHOOL IS CLOSED FOR LABOUR DAY LONG WEEKEND	2	3 4:00p – Games Day: Citizenship!	4	5 4:00p – Class 13	6 1:30p – Gracie Bullyproof (ages 5-12)		
8 4:00p – Class 14	9	10 4:00p – Class 15	11	12 4:00p – Class 16	13 1:30p – Gracie Bullyproof (ages 5-12)		
15 4:00p – Class 17	16	17 4:00p – Class 18	18	19 4:00p – Class 19	20 1:30p – Gracie Bullyproof (ages 5-12)		
22 4:00p – Class 20	23	24 4:00p – Class 1	25	26 4:00p – Class 2	27 1:30p – Gracie Bullyproof (ages 5-12)		
29 4:00p – Class 3	30 SCHOOL IS CLOSED FOR TRUTH & RECONCILIATION DAY						

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.