

# LITTLE CHAMPS

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

| 20<br>Classes | Gracie Games                                 |
|---------------|--|
| 1             | <b>Snake Bite</b><br>Base Battle             |
| 2             | <b>Shark Bite</b><br>Power Hug               |
| 3             | <b>Spider Kid</b><br>Tackle The Giant        |
| 4             | <b>Crazy Horse</b><br>Bulldozer              |
| 5             | <b>Guard Monster</b><br>Base Battle          |
| 6             | <b>Spider Kid</b><br>Crocodile Control       |
| 7             | <b>Guard Monster</b><br>Crazy Legs           |
| 8             | <b>Snake Bite</b><br>Crazy Horse             |
| 9             | <b>Shark Bite</b><br>Guard Monster           |
| 10            | <b>Crocodile Control</b><br>Tackle The Giant |
| 11            | <b>Spider Kid</b><br>Power Hug               |
| 12            | <b>Crazy Horse</b><br>Base Battle            |
| 13            | <b>Bulldozer</b><br>Crazy Legs               |
| 14            | <b>Snake Bite</b><br>Guard Monster           |
| 15            | <b>Shark Bite</b><br>Power Hug               |
| 16            | <b>Crocodile Control</b><br>Tackle The Giant |
| 17            | <b>Crazy Horse</b><br>Bulldozer              |
| 18            | <b>Crocodile Control</b><br>Guard Monster    |
| 19            | <b>Spider Kid</b><br>Crazy Legs              |
| 20            | <b>Crazy Legs</b><br>Tackle The Giant        |

| December 2025           |         |                         |          |                        |  |
|-------------------------|---------|-------------------------|----------|------------------------|--|
| Monday                  | Tuesday | Wednesday               | Thursday | Friday                 | Saturday                                       |
| 1<br>4:00p – Class 8    | 2       | 3<br>4:00p – Class 9    | 4        | 5<br>4:00p – Class 10  | 6<br>1:30p – Gracie Bullyproof<br>(ages 5-12)  |
| 8<br>4:00p – Class 11   | 9       | 10<br>4:00pm – Class 12 | 11       | 12<br>4:00p – Class 13 | 13<br>1:30p – Gracie Bullyproof<br>(ages 5-12) |
| 15<br>4:00p – Class 14  | 16      | 17<br>4:00p – Class 15  | 18       | 19<br>4:00p – Class 16 | 20<br>1:30p – Gracie Bullyproof<br>(ages 5-12) |
| 22                      | 23      | 24                      | 25       | 26                     | 27   |
| CLOSED FOR WINTER BREAK |         |                         |          |                        |  |
| 29                      | 30      | 31                      |          |                        |  |
| CLOSED FOR WINTER BREAK |         |                         |          |                        |  |

## 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.