

# Gracie Jiu-Jitsu Academy

www.gracie-jiujitsu.com.au | 143A Parker Street, Templestowe VIC 3106 | (03) 9846 2888 | info@gracie-jiujitsu.com.au

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Combatives 6:30am - 7:30am		Gracie Combatives 6:30am - 7:30am			Little Champs (5-7 yrs) 9:00 am-10:00am
Gracie Combatives 12:00pm-1:00pm	Gracie Combatives 11:30am-12:30pm	Gracie Combatives 12:00pm-1:00pm	Gracie Combatives 11:30am-12:30pm		Jr. Grapplers (8-13 yrs) 10:00am-11:00am
	Master Cycle 12:30pm-1:30pm		Master Cycle 12:30pm-1:30pm		Women Empowered 11:00am-12:00pm
					Gracie Combatives 12:00pm-1:00pm
					Planet Dave Striking for Jiu Jitsu 1:00pm - 1:30pm
Little Champs (5-7 yrs) 4:15pm-5:15pm		Little Champs (5-7 yrs) 4:15pm-5:15pm			Master Cycle Technique 1:30pm-2:30pm
Jr. Grapplers (8-13 yrs) 5:20pm-6:20pm	Women Empowered 5:30pm-6:30pm	Jr. Grapplers (8-13 yrs) 5:20pm-6:20pm			Master Cycle Sparring 2:30pm-3:00pm
Gracie Combatives 6:30pm-7:30pm	Master Cycle Technique 6:30pm-7:30pm	Gracie Combatives 6:30pm-7:30pm	Master Cycle Technique 6:30pm-7:30pm	GC Reflex Development 6:30pm-7:30pm	
Master Cycle Technique 7:30pm-8:30pm	Master Cycle Sparring 7:30pm-8:00pm	Master Cycle Technique 7:30pm-8:30pm	Master Cycle Sparring 7:30pm-8:00pm	Master Cycle Technique 7:30pm-8:30pm	
Master Cycle Sparring 8:30pm-9:00pm	Gracie Combatives 8:00pm-9:00pm	Master Cycle Sparring 8:30pm-9:00pm	Gracie Combatives 8:00pm-9:00pm	Master Cycle Sparring 8:30pm-9:00pm	

**PLEASE SCROLL DOWN FOR SPECIFICS ON ALL CLASSES**

## 10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At the Gracie Academy, however, we prefer that you try our programs for 10 days before you make a decision, so that you are 100% certain that they are right for you. We will provide you with a Gi (uniform) and give you full access to any of our beginner programs for a full 10 days. Assuming you love the techniques, the instructors, and the overall vibe of the Academy, you can sign up after the trial period. If for any reason it doesn't work out – due to work, traffic, scheduling, or anything else – simply return the uniform, and we won't charge you a thing! Absolutely no experience is necessary and you will love the classes – we guarantee it! Speak to a receptionist about starting your 10-day trial today!

## Six Things Every Student Should Know...

1. Respect everything and everyone at the Academy
2. Ask questions every chance you get
3. Arrive 10-15 minutes early to class
4. Wash your Gi after every class
5. Learn from everyone and share with everyone
6. Introduce your friends to Gracie Jiu-Jitsu (& Get a free shirt!)

# Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

June 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Class 15 – 12:00p
3 Class 8 - 6:30a Class 16 – 12:00p Class 20 – 6:30p	4 Class 17 – 11:30a Class 21 – 8:00p	5 Class 9 - 6:30a Class 18 – 12:00p Class 22 – 6:30p	6 Class 19 – 11:30a Class 23 – 8:00p	7 RD Class – 6:30p Mount focus	8 Class 20 – 12:00p
10 Class 10 - 6:30a Class 21 – 12:00p Class 1 – 6:30p	11 Class 22 – 11:30a Class 2 – 8:00p	12 Class 11 - 6:30a Class 23 – 12:00p Class 3 – 6:30p	13 Class 1 – 11:30a Class 4 – 8:00p	14 RD Class – 6:30p Guard focus	15 Class 2 – 12:00p
17 Class 12 - 6:30a Class 3 – 12:00p Class 5 – 6:30p	18 Class 4 – 11:30a Class 6 – 8:00p	19 Class 13 - 6:30a Class 5 – 12:00p Class 7 – 6:30p	20 Class 6 – 11:30a Class 8 – 8:00p	21 RD Class – 6:30p Side mount focus	22 Class 7 – 12:00p
24 Class 14 - 6:30a Class 8 – 12:00p Class 9 – 6:30p	25 Class 9 – 11:30a Class 10 – 8:00p	26 Class 15 - 6:30a Class 10 – 12:00p Class 11 – 6:30p	27 Class 11 – 11:30a Class 12 – 8:00p	28 RD Class – 6:30p Standing focus	29 Class 12 – 12:00p

## Street Readiness in 23 Lessons!

The 36 techniques in the *Gracie Combatives* program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 lessons can be completed in any order.

## Reflex Development Class (RD Class)

Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

## Log-on & Boost Progress!

As a student of the *Gracie Combatives* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

## Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible combination, you can test for your Gracie Combatives Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the *Gracie Combatives Belt Qualification Requirements* handout for details.



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
JUNE 3 <sup>rd</sup> – 8 <sup>th</sup>	Chapter 4: Half guard, bottom
JUNE 10 <sup>th</sup> – 15 <sup>th</sup>	Chapter 4: Half guard, bottom
JUNE 17 <sup>th</sup> – 22 <sup>nd</sup>	Chapter 4: Half guard, top
JUNE 24 <sup>th</sup> – 29 <sup>th</sup>	Chapter 4: Half guard, top
JULY 1 <sup>st</sup> – 6 <sup>th</sup>	Chapter 5: Back mount, controls

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:30p – 1:30p MC Technique (No Gi)		12:30p – 1:30p MC Technique (Gi)		1:00p – 1:30p Planet Dave Striking for JJ
			6:00p – 6:30p Planet Dave Striking for JJ	6:30p – 7:30p GC Reflex Development (Gi)	1:30p – 2:30p MC Technique (Gi)
7:30p – 8:30p MC Technique (No Gi)	6:30p – 7:30p MC Technique (Fight Sim, No Gi)	7:30p – 8:30p MC Technique (Gi)	6:30p – 7:30p MC Technique (Gi)	7:30p – 8:30p MC Technique (Gi)	2:30p – 3:00p MC Sparring (Gi Optional)
8:30p-9:00p MC Sparring (No Gi)	7:30p-8:00p MC Sparring (Street Sparring, No Gi)	8:30p-9:00p MC Sparring (Gi)	7:30p-8:00p MC Sparring (Gi)	8:30p-9:00p MC Sparring (Gi)	

\*Class schedule subject to change based on holidays and special events.

- **No-gi Attire:** For uniformity Gracie/Alavanca rashguards, shorts and spats or Gi pants. **No other t-shirts, rash guards, or shorts will be permitted.** Gi Optional class means it will be your choice as to whether or not you wish to train in the gi, you may choose to do a little of both, the choice is yours!
- **Fight Simulation and Street Sparring:** All students must have open finger Gracie sparring gloves (5.5oz), and a mouth guard to participate in Fight Simulation and Street Sparring sessions.
- **Planet Dave Striking for Jiu Jitsu:** Gi Optional attire, 18oz. gloves and a mouth guard are required. Become a more well-rounded Jiu Jitsu practitioner and learn to use and defend against strikes for self defense. It's also fun to do!
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.

# Women Empowered®

## THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

June 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:00a – 12:00p <b>Class 8</b>
	4 5:30p – 6:30p <b>Class 9</b>				8 11:00a – 12:00p <b>Class 10</b>
	11 5:30p – 6:30p <b>Class 11</b>				15 11:00a – 12:00p <b>Class 12</b>
	18 5:30p – 6:30p <b>Class 13</b>				22 11:00a – 12:00p <b>Class 14</b>
	25 5:30p – 6:30p <b>Class 15</b>				29 11:00a – 12:00p <b>Ground Reflex Development</b>

15 Classes	20 Essential Techniques	8	Elbow Escape (Standard   Heel Drag   Face Down) <b>Guillotine Choke (Guard)</b>
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard   Hair Grab)	9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag   Ankle Drag)
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block   Wrist Pin   Spread Hand)	10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing   Guard Pull)
3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard   False Surrender)	11	Hair Grab Defenses (Standing   Guard   Guard Pull   Hair Drag)
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider   Heavy Chest)	12	Weapon Defenses (Straight Armlock   Kimura Armlock)
5	Super Slap Guard Get-ups (5 & 6) (Choke   Wrist Pin)	13	Shrimp Escape (Block & Shoot   Shrimp & Shoot   Rider) <b>Shirt Choke</b>
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)	14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up   Knee Shield   Power Frame)
7	Punch Block Series (Stages 1-5)	15	Rear Naked Choke Triangle Choke (Giant Killer   Stage 3)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.	RD	Ground Reflex Development All ground techniques practiced in combination with one another.

### Total Empowerment in 20 Lessons!

The *Women Empowered* program features 20 time-tested techniques that were developed to counter the most common types of assaults on women. The 20 techniques have been strategically divided into 15 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 20 lessons can be completed in any order.

### Reflex Development Class (RD Class)

In RD classes, students who have attended all 15 classes (at least once) will learn how to apply the techniques in combination to develop essential reflexes for self-defense. Those who have not yet attended all 15 classes will spend this class reviewing past techniques.

### Log-on & Learn Faster!

As a student of the *Women Empowered* program, you qualify for a free subscription to the online *Women Empowered* program through [GracieUniversity.com](http://GracieUniversity.com). To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have any trouble accessing your lessons online, please speak to a Gracie University student services representative.

### Pink Belt Qualification Test

Once you've completed all 20 lessons at least four times, and your confident in the execution of every technique, you qualify to take the Pink Belt Qualification Test. To watch a complete demo of the test, please visit the *Testing Center* at [GracieUniversity.com](http://GracieUniversity.com). For more information please see the *Pink Belt Testing Guidelines* handout.

# Gracie®

# BULLYPROOF™

*Prepare Your Child For Life.™*

Monday	Wednesday	Saturday
<b>Little Champs</b> (5-7 yrs) 4:15pm-5:15pm	<b>Little Champs</b> (5-7 yrs) 4:15pm-5:15pm	<b>Little Champs</b> (5-7 yrs) 9:00am-10:00am
<b>Jr. Grapplers</b> (8-13 yrs) 5:20pm-6:20pm	<b>Jr. Grapplers</b> (8-13 yrs) 5:20pm-6:20pm	<b>Jr. Grapplers</b> (8-13 yrs) 10am-11:00am
		

### Some essential information for parents of new and current students.

We are proud of our facility and maintaining its hygiene and enhancing the experience of Jiu Jitsu for all students is important to us. You can assist us by observing the following:

- Please do not bring food or drink into the academy other than water. Please be sure to bring a water bottle for your child.
- Please make sure children are ready to participate in class. They are required to have their uniform, belt and a t-shirt. Please be sure that they have used the bathroom prior to class commencing.
- Children not participating in class must be supervised at all times. Children must not leave the mat without the instructor being informed.
- Please ensure that children have suitable foot wear to wear to and from the academy and to the bathrooms.
- If your child is ill please do not bring them to the academy.
- We encourage parents to quietly observe the class and, if you, as a parent are also a student of ours, you are welcome to assist us as an “extra set of eyes”. Please remember that whilst observing, the class must come first, please observe quietly so that we may do our best for you and your child.



# Special Discounts, Referral Program & Private Classes

## GRACIE JIU JITSU TEMPLESTOWE FAMILY DISCOUNTS

*25% Off 2<sup>nd</sup> Family Member, 50% Off the 3<sup>rd</sup> and Any After*

The Gracie Family is the largest sports family in history so we understand the importance of family discounts.

- Discounted rates are only valid for students enrolled in a 12 month program.
- Discounts are applied to the family member enrolled in the lowest priced program.
- Discounts applicable towards group classes only.
- Students on family discounts must be on the same billing account.
- Discounts applicable for immediate family only.

## GRACIE JIU JITSU TEMPLESTOWE FIRST RESPONDER / STUDENT DISCOUNT

*10% Off unlimited memberships*

Gracie Jiu Jitsu can help save lives, especially when your job demands you be “in the thick of it” for a living.

- Discounted rates are only valid for students enrolled in a 12 month program.
- Discount applies to Law Enforcement (Victoria Police, including PSO), Fire Fighters (MFB), Paramedics & Australian Defense Force (Enlisted full time personnel).
- Discounts applicable towards group classes and unlimited membership only.

Gracie Jiu Jitsu is the perfect physical balance for the stress of study and learn vital self defense skills at the same time.

- Discounted rates are only valid for students enrolled in a 12 month program.
- Discount applies to students in Tertiary education with a valid and current student card.
- Discounts applicable towards group classes and unlimited membership only.

## GRACIE JIU JITSU TEMPLESTOWE REFERRAL PROGRAM

*Bring a Friend & Take a Free Gracie t-shirt*

As a member of the Gracie Jiu-Jitsu Academy, you know that jiu-jitsu changes lives. You also know that one must experience the training to truly appreciate the benefits of our art. For that reason, we strongly encourage you to bring a friend to class so that we can share the magic with them. We are immensely grateful when you make the effort to introduce a new student to the Academy. As a small token of our appreciation, we will give you a free Gracie T-shirt of your choice every time you bring a friend to class with you.

- You will receive the free t-shirt regardless of whether or not your friend enrolls in a program.
- In order to qualify for the free t-shirt, you must participate in the class with your friend.
- Free t-shirt offer is valid for men, women, and children.
- Thanks for helping us keep it real.

## GRACIE JIU JITSU TEMPLESTOWE PRIVATE CLASSES

*Take yourself to the next level of technical mastery*

Certified Instructor	Single Class (30 Minutes)	Double Class (60 Minutes)
David Krstic	\$80	\$110
Sabah Amad-Krstic	\$65	\$95

- All private classes are 30 minutes long.
- To schedule a private class, speak directly to the certified instructor of your choice.