

Gracie Jiu-Jitsu Academy

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Master Cycle 11:00am-12:00pm	Integrated BJJ – Level 1 11:00am-12:00pm	Master Cycle 11:00am-12:00pm	Gracie Combatives 11:30am- 12:30pm	Master Cycle 11:00am-12:00pm	Little Champs (5-7 yrs) 9:30am-10:15am	
Master Cycle Sparring 12:00pm-12:30pm	Integrated BJJ – Level 2 12:00pm-1:00pm	Master Cycle Sparring 12:00pm-12:30pm	Master Cycle 12:30pm-1:30pm	Master Cycle Sparring 12:00pm-12:30pm	Jr. Grapplers (8-13 yrs) 10:30am-11:15am	
Gracie Combatives 12:30pm-1:30pm	Integrated BJJ Sparring - Level 1 1:00pm-1:30pm	Gracie Combatives 12:30pm-1:30pm	Master Cycle Sparring 1:30pm-2:00pm	GC Reflex Development 12:30pm-1:30pm	Women Empowered 11:30am-12:30pm	Integrated BJJ – Level 1 11:30am-12:30pm
	Integrated BJJ Sparring - Level 2 1:30-2:00pm				Gracie Combatives 12:30pm-1:30pm	Integrated BJJ – Level 2 12:30pm-1:30pm
					Master Cycle Technique 1:30pm-2:30pm	Integrated BJJ Sparring - Level 1 1:30pm-2:00pm
Little Champs (5-7 yrs) 4:00pm-4:45pm		Little Champs (5-7 yrs) 4:00pm-4:45pm			Master Cycle Sparring 2:30pm-3:30pm	Integrated BJJ Sparring – Level 2 2:00pm-2:30pm
Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm		Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm				Integrated BJJ Sparring – Advanced 2:30pm-3:00pm
Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Gracie Combatives 6:00pm-7:00pm	Master Cycle Technique 6:00pm-7:00pm	GC Reflex Development 6:00pm-7:00pm		
Master Cycle Technique 7:00pm-8:00pm	Women Empowered 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm	Master Cycle Sparring 7:00pm-8:00pm	Master Cycle Technique 7:00pm-8:00pm		
Master Cycle Sparring 8:00pm-9:00pm	Integrated BJJ Sparring - Advanced 8:00pm-9:00pm	Master Cycle Sparring 8:00pm-9:00pm	Gracie Combatives 8:00pm-9:00pm	Master Cycle Sparring 8:00pm-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 upon joining up. If for any reason during your trial it doesn't work out – due to work, traffic, scheduling, or anything else – simply let us know, 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.

November / December 2020

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

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
NOVEMBER 23 rd – 28 th	Chapter 1: Mount
NOVEMBER 30 th – DECEMBER 5 th	Chapter 1: Mount
DECEMBER 5 th – 21 st	Chapter 1: Mount
DECEMBER 7 th – 12 th	Chapter 1: Mount
DECEMBER 14 th – 23 rd	Chapter 1: Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00a – 12:00p MC Technique (Gi)		11:00a – 12:00p MC Technique (Gi)	12:30p – 1:30p MC Technique (No Gi)	11:00a – 12:00p MC Self defense	
12:00p-12:30p MC Sparring (Gi)		12:00p-12:30p MC Sparring (Gi)	1:30p-2:00p MC Sparring (No Gi)	12:00p-12:30p MC Sparring (Gi, gloves)	
				12:30p – 1:30p GC Reflex Development (Gi)	1:30p – 2:30p MC Technique (No Gi)
				6:00p – 7:00p GC Reflex Development (Gi)	2:30p – 3:30p MC Sparring (No Gi)
7:00p – 8:00p MC Technique (Gi)		7:00p – 8:00p MC Technique (Gi)	6:00p – 7:00p MC Technique (No Gi)	7:00p – 8:00p MC Self defense	
8:00p-9:00p MC Sparring (Gi)		8:00p-9:00p MC Sparring (Gi)	7:00p-8:00p MC Sparring (No Gi)	8:00p-9:00p MC Sparring (Gi, Gloves)	

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

- **No-gi Attire:** For uniformity Gracie/Alavanca or (relatively) plain rash guards, shorts and spats or Gi pants. **If unsure about a particular item, please ask.**
- **Fight Simulation and Fight Sim Sparring:** All students must have 5.5oz. Gracie open finger sparring gloves and a mouth guard to participate in Fight Simulation Sparring sessions. If you do not have gloves please arrive come to sparring class anyway we will be able to make the most of your sparring time.
- **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.
- **Please note:** Focus of Friday classes will be the self-defence curriculum and will act as a “follow on” or “lead up” to the RD class, this is where our gloved sparring will take place. This class will also be conducted in the Gi. Students will have access to extra sparring time, this is optional for those that wish to participate. During “Self-defence Fridays” that last 30 minutes of sparring time will be without gloves and regular gi sparring will be the focus.

Women Empowered®

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

November / December 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	24 7:00p – 8:00p Class 1				28 11:30a – 12:30p Class 2
	1 DEC 7:00p – 8:00p Class 3				5 11:30a – 12:30p Class 4
	8 7:00p – 8:00p Class 5				12 11:30a – 12:30p Class 6
	15 7:00p – 8:00p Class 7				19 11:30a – 12:30p Standing RD
	22 7:00p – 8:00p Class 8				

15 Classes	20 Essential Techniques	8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
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) Shirt Choke
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. 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. For more information please see the *Pink Belt Testing Guidelines* handout.

Gracie®

BULLYPROOF™

Prepare Your Child For Life.™

Monday	Wednesday	Saturday
Little Champs (5-7 yrs) 4:00pm-4:45pm	Little Champs (5-7 yrs) 4:00pm-4:45pm	Little Champs (5-7 yrs) 9:30am-10:15am
Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm	Jr. Grapplers (8-13 yrs) 5:00pm-5:45pm	Jr. Grapplers (8-13 yrs) 10:30am-11:15am
		

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.
- Parents are not to enter the mat area unless authorized by the instructor.
- 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 from the viewing area, 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.



INTEGRATED BRAZILIAN JIU JITSU

These classes are designed to provide a transition into sparring and explore some simple strategies to navigate the often frustrating world of “live” Jiu Jitsu practice. These classes were formulated by head instructor David Krstic to serve the students of the academy in a few different ways.

- Allow an easier path to understanding the etiquette and goals that govern productive sparring practice.
- Allow each student a method of understanding the difference between the “typical” behaviours and the resistance offered by an opponent that does not understand or has been trained in Jiu Jitsu and the behaviours of an “educated” opponent.
- Ease the transition between Gracie Combatives and Master Cycle.

This class has something for everyone in a graduated approach to add to any skillset at any level.

IBJJ Level 1 – General controls

This level is geared toward navigating general control positions and strategies, the foundation of functional Brazilian Jiu Jitsu.

IBJJ Level 2 – Specific controls

This level is geared toward the transition from “general control” or position to “specific control” that allows for effective submissions.

Once we have trained in Integrated BJJ levels 1&2. We will have a far better understanding of exactly how live and active resistance functions during grappling by being able to answer the following:

- Where we are?
- Where we would prefer to be?
- How we are going to get there?
- What is dangerous?

We then graduate to practicing on an actively resisting training partner. The purpose of sparring is to develop the knowledge and skills of the student in a fluid environment as opposed to “finding a winner”.

Sparring level 1 – Focused sparring

The sparring exercises here are designed to be specific giving each partner set options for sparring goals starting from a set position.

Sparring level 2 – Positional start

This is the next step and the time where we start experiencing the connections between all the elements of Jiu Jitsu. Starting from the position of focus and then moving toward the submission wherever it may be.

Sparring level 3 – Advanced

This is sparring starting from a neutral position, here also is where the transition from the neutral standing position to the ground is introduced. A great place for those that wish to compete to get used to starting from standing against a knowledgeable opponent.



Integrated Brazilian Jiu Jitsu Timetable:

Class	Tuesday (No gi)	Sunday (Gi)
Level 1 – General controls	11:00am – 12:00pm	11:30am – 12:30pm
Level 2 – Specific controls	12:00pm – 1:00pm	12:30pm – 1:30pm
Sparring level 1 - Focused	1:00pm – 1:30pm	1:30pm – 2:00pm
Sparring level 2 - Positional start	1:30pm – 2:00pm	2:00pm – 2:30pm
Sparring level 3 - Advanced	8:00pm – 9:00pm (With review)	2:30pm – 3:00pm

When can I get started?

As a Gracie Combatives student you will be required to log a certain amount of hours in addition to grade prerequisites prior to advancement in the sparring classes. The goal here is to gain understanding rather than create confusion. Please remember that the Integrated Brazilian Jiu Jitsu class is not a requirement for you to grade or gain access to Master Cycle, this is an optional extra that is designed to assist you in the transition between the classes.

Combatives Grade	Required extras	Class
Minimum, 0 stripes. <u>Having at least 1 stripe is strongly recommended.</u>	N/A	Level 1
Minimum, 0 stripes. <u>Having at least 1 stripe is strongly recommended.</u>	N/A	Level 2
Minimum, 2 stripes	Must be Reflex Development qualified with at least 6 Reflex Development sessions completed	Sparring - Level 1
Minimum, 3 stripes	Must have at least 12 sessions of Reflex Development completed and 12 sessions Level 1 sparring completed	Sparring - Level 2
Minimum, Combatives belt	Must have at least 12 sessions of Level 2 sparring completed	Sparring - Advanced

What about the kids?

Advanced Junior Grapplers will be given the opportunity to join these classes via invitation should they show the necessary skill and dedication to training in regular classes. We will also ensure that they will have a series of training partners that have received the same invitation, so that they can make the most of the classes training with someone approximately their own size!



Special Discounts, Referral Program & Private Classes

GRACIE JIU JITSU TEMPLESTOWE FAMILY DISCOUNTS

25% Off 2nd Family Member, 50% Off the 3rd 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.