



EVOLUTION
GRACIE
JUI JITSU



Gracie BULLYPROOF®

**Prepare your child to defend themselves
against bullies, without turning them into one.**



NEW KIDS CLASSES IN ILKLEY!

Little Champs	(5-7 Years Old)	17.30 – 18.15
Jr. Grapplers	(8-14 Years Old)	18.15 – 19.00
Jr. Black Belts	(Invitation only)	17.30 – 18.30

Gracie Jui-Jitsu for Every Age!

Every Monday > Tuesday > Wednesday
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Every Friday

What to Expect:

In the Gracie Bullyproof program, our goal is to instill your child with unshakable confidence so they can overcome bullies without violence.

Your child will learn to use verbal assertiveness to deter bullies and non-violent Gracie Jui-Jitsu self-defence techniques to stay safe if physically assaulted. Importantly, we don't teach how to punch or kick, since this often does more harm than good. Instead, we use leverage-based Jui-Jitsu control holds to neutralize threats without violence.

The Rules of Engagement:

Gracie Bullyproof is the only kid's Jiu-Jitsu program that actually teaches children when they can and cannot, use the martial arts techniques they are learning.

The five "Rules of Engagement" are regularly rehearsed in class so that children will never abuse their power and, equally important, they will not hesitate to take a stand when abused by bullies.

- 📍 **Rule 1:** Avoid the fight at all costs.
- 📍 **Rule 2:** If physically attacked, defend yourself.
- 📍 **Rule 3:** If verbally attacked, follow the Three T-steps (Talk > Tell > Tackle).
- 📍 **Rule 4:** Never punch or kick the bully; establish control and negotiate.
- 📍 **Rule 5:** When applying Jui-Jitsu submissions use minimal force and negotiate.



EVOLUTION GRACIE JIU JITSU

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EMAIL: evolutionjj@outlook.com

SURF: www.evolutiongraciejiujitsu.com

VISIT US: Dansk Way, Ilkley, LS29 8JZ (Next to Kwik Fit Garage, on the A65)

WATCH: Scan the QR code to watch a YouTube video of Bullyproof in action!



LIMITED PLACES AVAILABLE: GET IN TOUCH NOW, TO BOOK A FREE TRIAL