
Dear Student,

The best part about growing up in the Gracie Family was playing “Jiu-Jitsu” at the house. Our father developed ten games that we played in the garage, on the living room floor, and even out on the grass, from time to time. Once we perfected the *Gracie Games™*, he introduced us to a series of more advanced techniques that we could use to defend ourselves against bullies at school. The confidence we developed by learning these *Jr. Combatives™* techniques gave us the ability to prevent fights by standing up to bullies.

The *GRACIE BULLYPROOF™* program will allow you to play the same games, learn the same techniques, and develop the same confidence that we obtained as kids. In addition, you will have the opportunity to earn official Gracie Jiu-Jitsu belt promotions from home!

Use this journal to track each class. Your parent will reward you with one stripe on your white belt every time you complete 20 classes. Each time you earn a stripe, be sure to record the date in the designated box on the *Gracie Belt Chart*. Once you have earned all four stripes on your white belt (80 classes), you qualify to test for your white-yellow belt.

Using a digital video camera, you will record your test as described on disc 10 of the *GRACIE BULLYPROOF* DVD collection. Then, you will log on to www.GRACIEkids.com and upload the video in the *Testing Center*. A Gracie Academy instructor will evaluate your performance. When you pass, we will send you an official white-yellow belt in the mail!

Immediately after you earn your white-yellow belt, you will begin working towards your next major promotion, yellow belt. The promotion process for all future belts is identical to that of the white-yellow belt promotion process. Each time you submit a belt test, we will compare your performance side-by-side with the video of your previous test, and only if there is a significant increase in your technical accuracy, efficiency, and reflexes will you qualify for promotion to the next level.

You will remain in the kids’ belt system until you are 16 years old. At that time, regardless of your belt level, you will graduate to the adult belt system (blue belt, purple belt, brown belt, and black belt). In order to ensure that you are ready to test for blue belt as soon as you

First published in 2009 by Gracie Publications®

© 2009 by Gracie Publications®

All rights reserved. No part of this publication may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without prior written permission from Gracie Publications®.

Printed in the U.S.A.

Gracie Publications®
3515 Artesia Boulevard
Torrance, CA 90504 – USA

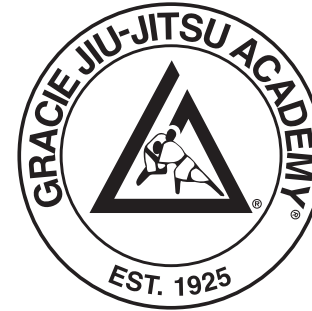
www.GracieAcademy.com

turn 16, we recommend that you begin working exclusively on the *Gracie Combatives*[®] adult techniques as soon as you turn 15 years old. Upon earning your blue belt, you will move on to the *Master Cycle*[®] program in which you will learn the 600+ techniques required for promotion to purple belt, brown belt, and, eventually, black belt!

The journey will be long, and the techniques will be many, but, if you don't give up, we promise you'll make it to the top.

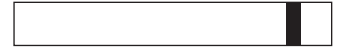
We'll be with you every technique of the way!

Ryron and Rener Gracie



White Belt

White Belt / Stripe 1



Lesson #	Date	Description
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Lesson #	Date	Description
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Fight Philosophy

Learning how to fight gives you confidence. Once a bully sees that you have confidence, they'll leave you alone. So, the more you learn how to fight, the less likely you will ever need to fight.

Congratulations on Your First Stripe!

You have successfully completed 20 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

White Belt / Stripe 2



Lesson #	Date	Description
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

Lesson #	Date	Description
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		

Silly Story

As kids, Ryron and Renner had several pets. They even had an alligator once, but had to give it away when it grew dangerously large.

Congratulations on Your Second Stripe!

You have successfully completed 40 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

White Belt / Stripe 3



Lesson #	Date	Description
41		
42		
43		
44		
45		
46		
47		
48		
49		
50		

Lesson #	Date	Description
51		
52		
53		
54		
55		
56		
57		
58		
59		
60		

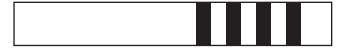
Family Fact

When Grand Master Helio Gracie was a kid, he was so weak that he wasn't allowed to practice jiu-jitsu, so he spent several years learning the techniques just by watching his brothers teach.

Congratulations on Your Third Stripe!

You have successfully completed 60 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

White Belt / Stripe 4



Lesson #	Date	Description
61		
62		
63		
64		
65		
66		
67		
68		
69		
70		

Lesson #	Date	Description
71		
72		
73		
74		
75		
76		
77		
78		
79		
80		

Critical Question

What is the only guaranteed way to avoid drug addiction?

Answer: Never try drugs in the first place.

Congratulations on Your Fourth Stripe!

You have successfully completed 80 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your white-yellow belt! **Turn the page for testing instructions.**

Belt Testing Process

White-Yellow Belt Testing Instructions

By earning four stripes on your white belt, you qualify to test for your white-yellow belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

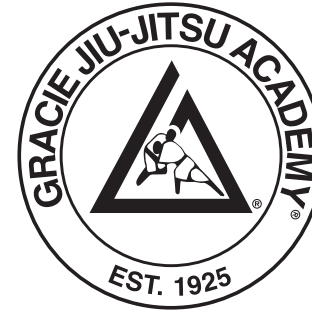
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your white-yellow belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official white-yellow belt in the mail and add your name to the list of BULLYPROOF Belt Holders!

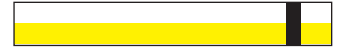
If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your yellow belt.

Keep up the good work!



White-Yellow Belt

White-Yellow Belt / Stripe 1



Lesson #	Date	Description
81		
82		
83		
84		
85		
86		
87		
88		
89		
90		

Lesson #	Date	Description
91		
92		
93		
94		
95		
96		
97		
98		
99		
100		

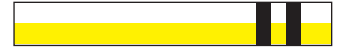
Fight Philosophy

Always focus on controlling the bully and avoiding punches. Eventually the bully will get tired, and that is when they lose, and you win.

Congratulations on Your First Stripe!

You have successfully completed 100 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

White-Yellow Belt / Stripe 2



Lesson #	Date	Description
101		
102		
103		
104		
105		
106		
107		
108		
109		
110		

Lesson #	Date	Description
111		
112		
113		
114		
115		
116		
117		
118		
119		
120		

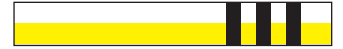
Silly Story

Even though Ryron has caught Rener in thousands of armlocks, the only time Rener ever broke his arm was when he fell down during a soccer game.

Congratulations on Your Second Stripe!

You have successfully completed 120 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

White-Yellow Belt / Stripe 3



Lesson #	Date	Description
121		
122		
123		
124		
125		
126		
127		
128		
129		
130		

Lesson #	Date	Description
131		
132		
133		
134		
135		
136		
137		
138		
139		
140		

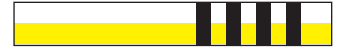
Family Fact

Former Brazilian president, João Baptista de Figueiredo, was a student at the Gracie Jiu-Jitsu Academy in Rio de Janeiro, Brazil.

Congratulations on Your Third Stripe!

You have successfully completed 140 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

White-Yellow Belt / Stripe 4



Lesson #	Date	Description
141		
142		
143		
144		
145		
146		
147		
148		
149		
150		

Lesson #	Date	Description
151		
152		
153		
154		
155		
156		
157		
158		
159		
160		

Critical Question

If you see a big bully picking on a helpless kid who doesn't know jiu-jitsu, what should you do?

Answer: Tell the bully to stop. If they don't listen, find a grownup and ask for help.

Congratulations on Your Fourth Stripe!

You have successfully completed 160 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your yellow belt! **Turn the page for testing instructions.**

Belt Testing Process

Yellow Belt Testing Instructions

By earning four stripes on your white-yellow belt, you qualify to test for your yellow belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

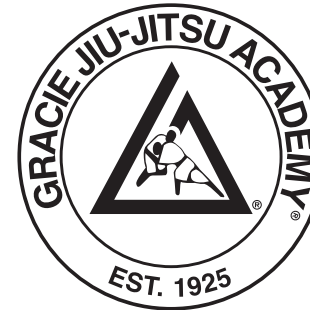
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your yellow belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to **www.GRACIEkids.com** and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official yellow belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your white-orange belt.

Keep up the good work!



Yellow Belt

Yellow Belt / Stripe 1



Lesson #	Date	Description
161		
162		
163		
164		
165		
166		
167		
168		
169		
170		

Lesson #	Date	Description
171		
172		
173		
174		
175		
176		
177		
178		
179		
180		

Fight Philosophy

Each time you review a technique or game, try to do it a little faster and a little tighter than before.

Congratulations on Your First Stripe!

You have successfully completed 180 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Yellow Belt / Stripe 2



Lesson #	Date	Description
181		
182		
183		
184		
185		
186		
187		
188		
189		
190		

Lesson #	Date	Description
191		
192		
193		
194		
195		
196		
197		
198		
199		
200		

Silly Story

Rorion never fed his children candy. Once, in his early childhood, someone gave Ralek a lollipop and, not knowing what to do with it, he started using it as a drumstick.

Congratulations on Your Second Stripe!

You have successfully completed 200 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Yellow Belt / Stripe 3



Lesson #	Date	Description
201		
202		
203		
204		
205		
206		
207		
208		
209		
210		

Lesson #	Date	Description
211		
212		
213		
214		
215		
216		
217		
218		
219		
220		

Family Fact

In 1946, Grand Master Helio Gracie jumped into shark-infested waters to save a drowning man's life.

Congratulations on Your Third Stripe!

You have successfully completed 220 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Yellow Belt / Stripe 4



Lesson #	Date	Description
221		
222		
223		
224		
225		
226		
227		
228		
229		
230		

Lesson #	Date	Description
231		
232		
233		
234		
235		
236		
237		
238		
239		
240		

Critical Question

What are the two primary benefits of NOT hurting the bully during a fight?

Answer: You have the opportunity of befriending the bully after the fight, and you are less likely to get into trouble.

Congratulations on Your Fourth Stripe!

You have successfully completed 240 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your white-orange belt! **Turn the page for testing instructions.**

Belt Testing Process

White-Orange Belt Testing Instructions

By earning four stripes on your yellow belt, you qualify to test for your white-orange belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

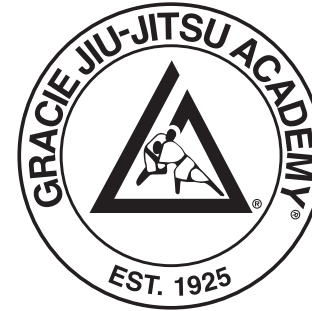
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your white-orange belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official white-orange belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your yellow-orange belt.

Keep up the good work!



White-Orange Belt

White-Orange Belt / Stripe 1



Lesson #	Date	Description
241		
242		
243		
244		
245		
246		
247		
248		
249		
250		

Lesson #	Date	Description
251		
252		
253		
254		
255		
256		
257		
258		
259		
260		

Fight Philosophy

The goal in any fight is to tame the bully, not to hurt them.

Congratulations on Your First Stripe!

You have successfully completed 260 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

White-Orange Belt / Stripe 2



Lesson #	Date	Description
261		
262		
263		
264		
265		
266		
267		
268		
269		
270		

Lesson #	Date	Description
271		
272		
273		
274		
275		
276		
277		
278		
279		
280		

Silly Story

Renon was born prematurely weighing only 2 pounds 8 ounces. He was smaller than a bottle of drinking water.

Congratulations on Your Second Stripe!

You have successfully completed 280 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

White-Orange Belt / Stripe 3



Lesson #	Date	Description
281		
282		
283		
284		
285		
286		
287		
288		
289		
290		

Lesson #	Date	Description
291		
292		
293		
294		
295		
296		
297		
298		
299		
300		

Family Fact

In 1947, Helio Gracie challenged Joe Louis, the world heavyweight boxing champion, to a no-holds-barred fight. Louis declined.

Congratulations on Your Third Stripe!

You have successfully completed 300 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

White-Orange Belt / Stripe 4



Lesson #	Date	Description
301		
302		
303		
304		
305		
306		
307		
308		
309		
310		

Lesson #	Date	Description
311		
312		
313		
314		
315		
316		
317		
318		
319		
320		

Critical Question

Why is it that bullies usually pick on smaller kids?

Answer: Because they think that smaller kids will not stand up for themselves.

Congratulations on Your Fourth Stripe!

You have successfully completed 320 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your yellow-orange belt! **Turn the page for testing instructions.**

Belt Testing Process

Yellow-Orange Belt Testing Instructions

By earning four stripes on your white-orange belt, you qualify to test for your yellow-orange belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

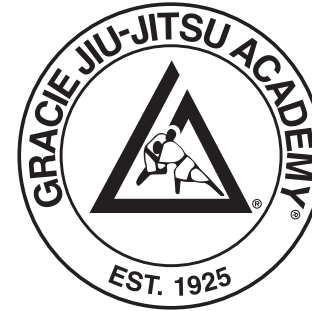
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your yellow-orange belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official yellow-orange belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your orange belt.

Keep up the good work!



Yellow-Orange Belt

Yellow-Orange Belt / Stripe 1



Lesson #	Date	Description
321		
322		
323		
324		
325		
326		
327		
328		
329		
330		

Lesson #	Date	Description
331		
332		
333		
334		
335		
336		
337		
338		
339		
340		

Fight Philosophy

Concentrate on relaxing and breathing, otherwise you will quickly burn all of your energy. The best time to relax is when you are in a control position like the mount or side mount.

Congratulations on Your First Stripe!

You have successfully completed 340 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Yellow-Orange Belt / Stripe 2



Lesson #	Date	Description
341		
342		
343		
344		
345		
346		
347		
348		
349		
350		

Lesson #	Date	Description
351		
352		
353		
354		
355		
356		
357		
358		
359		
360		

Silly Story

When Roran was 3 years old, he fell 15 feet from the top of the bleachers of a high school gymnasium and landed on a hardwood floor. He had no bruises, cuts, or broken bones. He must have done the correct break-fall!

Congratulations on Your Second Stripe!

You have successfully completed 360 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Yellow-Orange Belt / Stripe 3



Lesson #	Date	Description
361		
362		
363		
364		
365		
366		
367		
368		
369		
370		

Lesson #	Date	Description
371		
372		
373		
374		
375		
376		
377		
378		
379		
380		

Family Fact

Aside from Gracie Jiu-Jitsu, Grand Master Helio Gracie's favorite hobby was to ride wild horses.

Congratulations on Your Third Stripe!

You have successfully completed 380 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Yellow-Orange Belt / Stripe 4



Lesson #	Date	Description
381		
382		
383		
384		
385		
386		
387		
388		
389		
390		

Lesson #	Date	Description
391		
392		
393		
394		
395		
396		
397		
398		
399		
400		

Critical Question

Why is it so important that you tell your parents if someone is bullying you?

Answer: So they can help you stop the bullying.

Congratulations on Your Fourth Stripe!

You have successfully completed 400 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your orange belt! **Turn the page for testing instructions.**

Belt Testing Process

Orange Belt Testing Instructions

By earning four stripes on your yellow-orange belt, you qualify to test for your orange belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

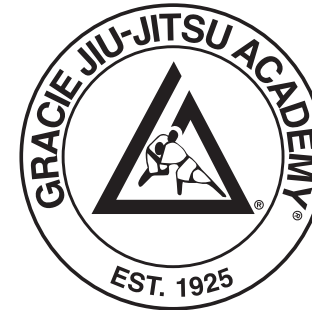
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your orange belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to **www.GRACIEkids.com** and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official orange belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your white-green belt.

Keep up the good work!



Orange Belt

Orange Belt / Stripe 1



Lesson #	Date	Description
401		
402		
403		
404		
405		
406		
407		
408		
409		
410		

Lesson #	Date	Description
411		
412		
413		
414		
415		
416		
417		
418		
419		
420		

Fight Philosophy

In a fight, the bully's behavior determines which techniques you use. Perfect them all and you're good to go.

Congratulations on Your First Stripe!

You have successfully completed 420 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Orange Belt / Stripe 2



Lesson #	Date	Description
421		
422		
423		
424		
425		
426		
427		
428		
429		
430		

Lesson #	Date	Description
431		
432		
433		
434		
435		
436		
437		
438		
439		
440		

Silly Story

After Rorion's tenth child, Ricon, was born, it took him three months to think of a name. During that time, Ricon was referred to as R10.

Congratulations on Your Second Stripe!

You have successfully completed 440 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Orange Belt / Stripe 3



Lesson #	Date	Description
441		
442		
443		
444		
445		
446		
447		
448		
449		
450		

Lesson #	Date	Description
451		
452		
453		
454		
455		
456		
457		
458		
459		
460		

Family Fact

In 1955, when Helio Gracie was 42 years old, he fought Waldemar Santana for 3 hours and 40 minutes. It was the longest no-holds-barred fight in recorded history.

Congratulations on Your Third Stripe!

You have successfully completed 460 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Orange Belt / Stripe 4



Lesson #	Date	Description
461		
462		
463		
464		
465		
466		
467		
468		
469		
470		

Lesson #	Date	Description
471		
472		
473		
474		
475		
476		
477		
478		
479		
480		

Critical Question

When Ryron and Renner were kids, their father would give them \$5 if they won a match and \$10 if they lost. Why?

Answer: Because you learn more when you lose.

Congratulations on Your Fourth Stripe!

You have successfully completed 480 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your white-green belt! **Turn the page for testing instructions.**

Belt Testing Process

White-Green Belt Testing Instructions

By earning four stripes on your orange belt, you qualify to test for your white-green belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

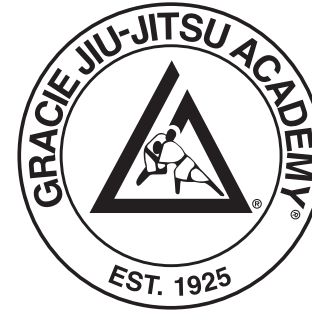
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your white-green belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official white-green belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your yellow-green belt.

Keep up the good work!



White-Green Belt

White-Green Belt / Stripe 1



Lesson #	Date	Description
481		
482		
483		
484		
485		
486		
487		
488		
489		
490		

Lesson #	Date	Description
491		
492		
493		
494		
495		
496		
497		
498		
499		
500		

Fight Philosophy

With great power comes great responsibility. Follow the Rules of Engagement at all times, and never abuse your power.

Congratulations on Your First Stripe!

You have successfully completed 500 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

White-Green Belt / Stripe 2



Lesson #	Date	Description
501		
502		
503		
504		
505		
506		
507		
508		
509		
510		

Lesson #	Date	Description
511		
512		
513		
514		
515		
516		
517		
518		
519		
520		

Silly Story

In 1970, when Rorion first came to the United States, someone stole his return airplane ticket and his money. As a result, he spent a period of time panhandling on street corners.

Congratulations on Your Second Stripe!

You have successfully completed 520 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

White-Green Belt / Stripe 3



Lesson #	Date	Description
521		
522		
523		
524		
525		
526		
527		
528		
529		
530		

Lesson #	Date	Description
531		
532		
533		
534		
535		
536		
537		
538		
539		
540		

Family Fact

In 1993, Rorion Gracie created the Ultimate Fighting Championship® to show the world that Gracie Jiu-Jitsu is the most effective system of self-defense.

Congratulations on Your Third Stripe!

You have successfully completed 540 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

White-Green Belt / Stripe 4



Lesson #	Date	Description
541		
542		
543		
544		
545		
546		
547		
548		
549		
550		

Lesson #	Date	Description
551		
552		
553		
554		
555		
556		
557		
558		
559		
560		

Critical Question

If, after school, a stranger says, "Your mother sent me to pick you up," how do you know if he's telling the truth?

Answer: Ask for the codeword (Refer to Gracie KidsAFE program for details).

Congratulations on Your Fourth Stripe!

You have successfully completed 560 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your yellow-green belt! **Turn the page for testing instructions.**

Belt Testing Process

Yellow-Green Belt Testing Instructions

By earning four stripes on your white-green belt, you qualify to test for your yellow-green belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

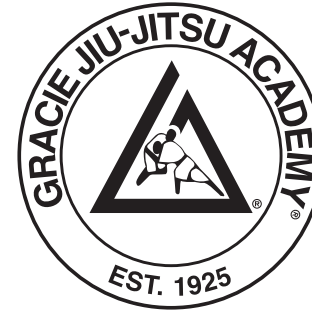
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your yellow-green belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official yellow-green belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your orange-green belt.

Keep up the good work!



Yellow-Green Belt

Yellow-Green Belt / Stripe 1



Lesson #	Date	Description
561		
562		
563		
564		
565		
566		
567		
568		
569		
570		

Lesson #	Date	Description
571		
572		
573		
574		
575		
576		
577		
578		
579		
580		

Fight Philosophy

If technique can be used to defeat a giant in a fight, it can also be used to overcome any of life's challenges. With the right technique, anything is possible.

Congratulations on Your First Stripe!

You have successfully completed 580 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Yellow-Green Belt / Stripe 2



Lesson #	Date	Description
581		
582		
583		
584		
585		
586		
587		
588		
589		
590		

Lesson #	Date	Description
591		
592		
593		
594		
595		
596		
597		
598		
599		
600		

Silly Story

One night, when Renner was an infant, he was crying out of thirst. His father brought him some water, but Renner wouldn't drink it because he wanted watermelon juice.

Congratulations on Your Second Stripe!

You have successfully completed 600 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Yellow-Green Belt / Stripe 3



Lesson #	Date	Description
601		
602		
603		
604		
605		
606		
607		
608		
609		
610		

Lesson #	Date	Description
611		
612		
613		
614		
615		
616		
617		
618		
619		
620		

Family Fact

In 2003, the United States Army revised its hand-to-hand combat manual to include the techniques featured in the Gracie Combatives course. Today, the United States Air Force is following the Army's example.

Congratulations on Your Third Stripe!

You have successfully completed 620 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Yellow-Green Belt / Stripe 4



Lesson #	Date	Description
621		
622		
623		
624		
625		
626		
627		
628		
629		
630		

Lesson #	Date	Description
631		
632		
633		
634		
635		
636		
637		
638		
639		
640		

Critical Question

If you get lost at an amusement park, what should you do?

Answer: Find an employee and ask for help.

Congratulations on Your Fourth Stripe!

You have successfully completed 640 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your orange-green belt! **Turn the page for testing instructions.**

Belt Testing Process

Orange-Green Belt Testing Instructions

By earning four stripes on your yellow-green belt, you qualify to test for your orange-green belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

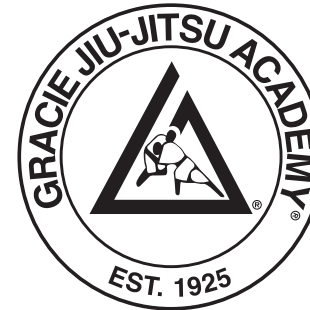
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your orange-green belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official orange-green belt in the mail and update your rank on the list of BULLYPROOF Belt Holders!

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your green belt.

Keep up the good work!



Orange-Green Belt

Orange-Green Belt / Stripe 1



Lesson #	Date	Description
641		
642		
643		
644		
645		
646		
647		
648		
649		
650		

Lesson #	Date	Description
651		
652		
653		
654		
655		
656		
657		
658		
659		
660		

Fight Philosophy

Once you perfect the techniques on one side, try to achieve the same level of effectiveness on the other side. In a fight, you never know where you're going to land.

Congratulations on Your First Stripe!

You have successfully completed 660 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Orange-Green Belt / Stripe 2



Lesson #	Date	Description
661		
662		
663		
664		
665		
666		
667		
668		
669		
670		

Lesson #	Date	Description
671		
672		
673		
674		
675		
676		
677		
678		
679		
680		

Silly Story

All the Gracies are good at jiu-jitsu; Reylan is the only one who is good at everything: skate boarding, surfing, golfing, car racing, video games, etc.

Congratulations on Your Second Stripe!

You have successfully completed 680 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Orange-Green Belt / Stripe 3



Lesson #	Date	Description
681		
682		
683		
684		
685		
686		
687		
688		
689		
690		

Lesson #	Date	Description
691		
692		
693		
694		
695		
696		
697		
698		
699		
700		

Family Fact

In 2008, Ryron and Renner developed the first online learning center for Gracie Jiu-Jitsu, GracieUniversity.com, so that students could learn the complete system from anywhere in the world.

Congratulations on Your Third Stripe!

You have successfully completed 700 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Orange-Green Belt / Stripe 4



Lesson #	Date	Description
701		
702		
703		
704		
705		
706		
707		
708		
709		
710		

Lesson #	Date	Description
711		
712		
713		
714		
715		
716		
717		
718		
719		
720		

Critical Question

Why would your parents give you water instead of soda?

Answer: Because they love you and they care about your health.

Congratulations on Your Fourth Stripe!

You have successfully completed 720 lessons; therefore, we authorize your parents to award you your fourth stripe on behalf of the Gracie Jiu-Jitsu Academy, and you now qualify to test for your green belt! **Turn the page for testing instructions.**

Belt Testing Process

Green Belt Testing Instructions

By earning four stripes on your orange-green belt, you qualify to test for your green belt. Use a digital video camera to record your test in one continuous shot. Your test must include the following three parts:

Part 1: BULLYPROOF Intro

“My name is _____. I am ____ years old, and I’m BULLYPROOF!”

Part 2: Three-Minute Bully Battle

Demonstrate all techniques in a three-minute, non-stop bully battle at level 3 intensity.

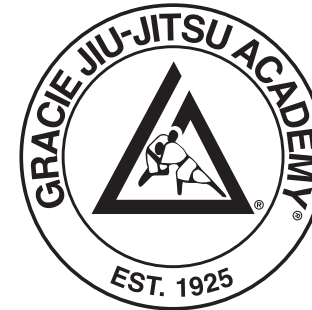
Part 3: Rules of Engagement

Recite the Rules of Engagement, word for word.

Once you have digitally recorded your green belt test, watch it to ensure that you have met all of the testing requirements. Then, log on to www.GRACIEkids.com and upload the video in the Testing Center. A Gracie Academy instructor will evaluate your video and, once you pass, we will send you an official green belt in the mail and then turn the page to begin working on your green belt stripes.

If you do not pass the test this time, then train hard and try again. If you do pass the test, record the date in the designated box on the belt chart, and then turn the page to begin working on your blue belt.

Keep up the good work!



Green Belt

Green Belt / Stripe 1



Lesson #	Date	Description
721		
722		
723		
724		
725		
726		
727		
728		
729		
730		

Lesson #	Date	Description
731		
732		
733		
734		
735		
736		
737		
738		
739		
740		

Fight Philosophy

Ryron and Renner were each defeated at least 2,000 times before their grandfather awarded them their black belts. If you ever lose a fight, don't be upset. Instead, be happy that you are one step closer to black belt.

Congratulations on Your First Stripe!

You have successfully completed 740 lessons; therefore, we authorize your parents to award you your first stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your second stripe!**

Green Belt / Stripe 2



Lesson #	Date	Description
741		
742		
743		
744		
745		
746		
747		
748		
749		
750		

Lesson #	Date	Description
751		
752		
753		
754		
755		
756		
757		
758		
759		
760		

Silly Story

Grand Master Helio Gracie had nine children, and his older brother, Carlos, had 21 children. Between the two of them, they had 105 grandchildren!

Congratulations on Your Second Stripe!

You have successfully completed 760 lessons; therefore, we authorize your parents to award you your second stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your third stripe!**

Green Belt / Stripe 3



Lesson #	Date	Description
761		
762		
763		
764		
765		
766		
767		
768		
769		
770		

Lesson #	Date	Description
771		
772		
773		
774		
775		
776		
777		
778		
779		
780		

Family Fact

For health reasons and for self-defense reasons, members of the Gracie Family do not consume drugs or alcohol.

Congratulations on Your Third Stripe!

You have successfully completed 780 lessons; therefore, we authorize your parents to award you your third stripe on behalf of the Gracie Jiu-Jitsu Academy. **Turn the page to begin working on your fourth stripe!**

Green Belt / Stripe 4



Lesson #	Date	Description
781		
782		
783		
784		
785		
786		
787		
788		
789		
790		

Lesson #	Date	Description
791		
792		
793		
794		
795		
796		
797		
798		
799		
800		

Critical Question

What was Grand Master Helio Gracie's secret to a long and healthy life?

Answer: The Gracie Diet.

You Made It!!

As a four-stripe green belt, you have achieved the highest rank in the Gracie Jiu-Jitsu kids' belt system. Congratulations on this incredible accomplishment! You will remain at this belt level until you turn 16, at which point you will test for your blue belt. **Turn the page for some helpful information on the adult belt testing process.**

The Blue Belt Qualification Test

In the *Jr. Combatives* course, you learned the simplest variations of all the *Gracie Combatives* techniques, except for the chokes. In order to qualify for your blue belt, you must be at least 16 years of age, and you must perfect all variations of the 36 *Gracie Combatives* techniques individually and in combination with one another. The Blue Belt Qualification Test is comprised of five separate drills which you will perform and submit for evaluation using the same video evaluation process (except it will be through www.GracieUniversity.com). You will start with 100 points and you will receive a one-point deduction for each significant error. If you make more than 20 critical mistakes, we will notify you of your shortcomings so that you may retest at a later date. If you achieve a final score of 80 points or greater, we will promote you to blue belt!

The Black Belt Qualification Test

Once you earn your blue belt, you will move on to the *Master Cycle* where you will learn the techniques required for promotion to purple belt, brown belt, and black belt. The highest rank that you can achieve through the Gracie University video evaluation process is four-stripe brown belt. A Gracie Jiu-Jitsu black belt is much more than a master of technique – he/she is an ambassador for the art and a member of our extended “family.” A black belt must understand the Gracie lifestyle to include our philosophies, Gracie Jiu-Jitsu history, and our unique diet. As representatives of the Academy and our family, we expect black belts to personify discipline, integrity, and honor.

In order to evaluate the many requirements for black belt beyond technical mastery, candidates will participate in a five-day Black Belt Qualification Test at the Gracie Jiu-Jitsu Academy headquarters in Torrance, California. We will evaluate your knowledge of technique, history, philosophy, and diet as we get to know you. We will administer this week-long test at no charge to you (other than your travel and living expenses) to show our appreciation of the years of hard work you will have invested in your training. We look forward to the honor of tying a black belt around your waist. Good luck on the journey to Gracie Jiu-Jitsu mastery... we will be with you every step of the way!

***To continue on the path to black belt, go to
www.GRACIEUNIVERSITY.com***