



Introduction

Hello Team!

From all of the Gracie Barra Dana Point staff we wish you a happy Labor Day.

We have been working hard on creating a bunch of new campaigns to help grow our Gracie Barra family and included in that process was the reinstatement of our weekly Newsletter. Every Monday you can find the latest and greatest in the happenings of Gracie Barra Dana Point via Email, our website, and on our facebook page.

Check the weekly Newsletter for constant news like what week were on in the curriculum, GB product of the week, recent promotions, important events, and the empowering message of the week at the very end of the Letter.

Please come checkin with me if you haven't received the newsletter via email so that I may update your contact info.

-John Castellini
Program Director

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Worlds Master
Tournament

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Labor Day

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Anti-bullying
Campaign

Summer 2018 Class Schedule

Effective Jul. 2018



ABOUT OUR CLASSES

- **Fundamentals & All Levels Classes:** Adults any belt.
- **Advanced Classes:** *Adults White belt 3 Stripes up.
- **BJJ Adult:** *Adults any belt. Students are separated in two classes by level.
- **Black Belt Classes:** *Adults Blue belt and up.
- **Little Champions I:** Kids 3 years old to 6 years old.
- **Little Champions II:** Kids 7 years old to 9 years old.
- **Juniors Classes:** Kids 10 years old to 14 years old.
- **Advanced Kids & Juniors Classes:** Kids Grey & White belt and up and at least 7 years old.

- ✓ The schedule is dynamic and is improved every season (Summer Fall, Winter, and Spring) to better fit our students needs.
- ✓ Private classes with your preferred instructor can be scheduled during the morning and other times depending on the instructors availability. Talk to any team member to schedule yours.

*Proper membership required.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00am to 8:00am ALL LEVELS CLASS		7:00am to 8:00am ALL LEVELS CLASS		
						9:15am to 10:00am KID'S AND GIC CLASS
						10:00am to 11:00am ALL LEVEL CLASS
					11:00am to 12:00pm PRACTICE FOR THE DAY	12:00pm to 12:00pm PRACTICE
	10:00am to 11:00am ALL LEVELS CLASS	11:00am to 12:00pm ADVANCED BJJ CLASS	11:00am to 12:00pm ADVANCED BJJ CLASS	11:00am to 12:00pm ADVANCED BJJ CLASS	11:00am to 12:00pm ADVANCED BJJ CLASS	11:00am to 12:00pm ADVANCED BJJ CLASS
	1:00pm to 2:00pm LIVE TRAINING	2:00pm to 3:00pm LIVE TRAINING	1:00pm to 2:00pm LIVE TRAINING	2:00pm to 3:00pm LIVE TRAINING		
	7:30pm to 9:00pm GIC	8:30pm to 10:00pm GIC	8:30pm to 10:00pm GIC	8:30pm to 10:00pm GIC		
	4:30pm to 5:00pm GIC	4:30pm to 5:00pm GIC	4:30pm to 5:00pm GIC	4:30pm to 5:00pm GIC	4:30pm to 5:00pm KID'S AND GIC CLASS	
	5:30pm to 6:00pm KID'S AND GIC CLASS	5:30pm to 6:00pm KID'S AND GIC CLASS	5:30pm to 6:00pm KID'S AND GIC CLASS	5:30pm to 6:00pm KID'S AND GIC CLASS	5:30pm to 6:00pm KID'S AND GIC CLASS	
	6:00pm to 7:00pm KID'S AND GIC CLASS	6:00pm to 7:00pm KID'S AND GIC CLASS	6:00pm to 7:00pm KID'S AND GIC CLASS	6:00pm to 7:00pm KID'S AND GIC CLASS		
	7:00pm to 7:30pm LIVE TRAINING	7:00pm to 7:30pm LIVE TRAINING	7:00pm to 7:30pm LIVE TRAINING	7:00pm to 7:30pm LIVE TRAINING		

Changes to the Schedule: Monday 9/3 GBDP will be closed for Labor Day.

This Weeks Gracie Barra Curriculum



Week 16

-Self-Defense: Clinch/Holds

-Ground: Mount/knee on belly bottom

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World Masters Tournament



-Specific training: Mount Control

It is truly inspirational to see the Gracie Barra team from around the world come together to compete in the 2018 Wolds Master Tournament. A huge shout out to our Professor Flavio for becoming a 3x World Champion. A victory that was followed by the bitter sweet announcement of Professors retirement from competition. Though he is hanging up his competition GI his GB journey is not yet over. He can now focus on guiding the future generations in their own journeys. A champion isn't forged on the couch but rather through the repetition and commitment one makes to the simple act of daily improvement.

2

Gracie Barra Arizona Comp-net Regionals



*Attention!!!! Competitors of all ages/belt level are welcome to attend the Arizona Compnet regionals. Day one will consist of a fantastic grouping of individuals, from surrounding states, battling for first place. Post tournament on day one will be two free seminars open to all competitors.

If interested please see the link below to sign up-

Sign up link: <https://graciebarraevents.smoothcomp.com/en/federation/30/events/upcoming>

Also, for additional help Professor Felipe from Graice Barra San Clemente made an instructional video that walks you through the process of signing up. A fantastic link for first timers.

Anti-Bullying Class

Felipe's walkthrough: https://www.youtube.com/watch?time_continue=4&v=O7UFy9bdpJk

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The advertisement features a blue background with four children in martial arts uniforms (two boys and two girls) holding up their hands in a 'stop' gesture. The text 'NO MORE BULLYING' is prominently displayed in large white letters. To the right, it says 'THE GB ANTI-BULLYING COMMUNITY PROGRAM IS BACK!*'. The GB logo is in the top right corner. On the left, there is a logo for 'JU-JITSU FOR EVERYONE'. At the bottom, it says 'Free to the Community! Fun for everyone!'. A vertical note on the right side reads '*Only at participating schools'.

NO MORE BULLYING

THE GB ANTI-BULLYING COMMUNITY PROGRAM IS BACK!*

GB [k]

JU-JITSU FOR EVERYONE

Free to the Community! Fun for everyone!

*Only at participating schools

Our Anti-Bullying program is back! Gracie Barra's around the world are spreading an anti-bullying message to as many families in their communities as possible. Showing up, supporting, and spreading what you learn is the best way to help stop bullying. We will be offering a free class open to the community, everyone is welcome, on September 15th.



GB WEAR

PRODUCT OF THE WEEK



This weeks featured product from GB wear is our very own GBDP kids t-shirt. Get a stylish and comfortable shirt while also representing your team.

Promotions of the Week



Our Referral Program

At Gracie Barra Dana Point we have a referral program that rewards our students for sharing jiu-jitsu with friends, family, or people they meet by happenstance. Basically, when one of our students sends two people our way, that sign up for a membership, that student gets \$100 cash from Gracie Barra Dana Point. This process can be repeated as many times as they want. So, If you have four friends that you want to share the benefits of Jiu-jitsu with, and they all sign up, thats \$200 to you plus some great new training partners.



Congratulations to Maddie Cabral for being our first recipient of \$100 from our referral program!

Message of the Week

"Always be as enthusiastic about the success of others as you are of your own."

-Grand Master Carlos Gracie Sr.

