



Gracie Barra Northville <info@gbnorthville.com>

Gracie Barra Northville Weekly Newsletter 9/14/2026

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GRACIE BARRA NORTHVILLE
WEEKLY NEWSLETTER

www.gbnorthville.com

BUSINESS PULSE



Google Review



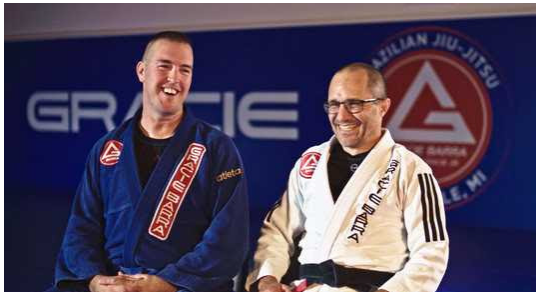
Facebook Review

For all those who have not had the opportunity yet,
please give us a couple minutes out of your day to leave us a review.

[Google Review Link](#)

[Facebook Review Link](#)

MEMBER SPOTLIGHT



One of the projects we are are starting to help increase membership is to re-launch one of our most successful on-line campaigns. We called it our "Members Just Like You" campaign. In it, we had members get a picture of themselves at work, one at the gym, and then provide a brief description of why they joined the gym and what they have received from their membership. If you would like

to share your story, simply send your pictures and description to "info@gbnorthville.com" for us to share on our social media pages.

FAILED PAYMENT POLICY



Starting on September 1st, we are going to be strictly enforcing our failed payment policy. Per the membership agreement, there is a \$20 fee for payments that are 5 days past due. All current payments that are past due by September 1st will also be charged a \$20 late fee. Additionally, students whose memberships that are in arrears will not be eligible for belt tests.

BELT TESTS: WEEK OF 9/14



SR CHAMPS BJJ: TUES 9/15 6:30 - 8:30 PM
JR CHAMPS BJJ: WED 9/16 5:30 - 7:30 PM
ADULT BJJ THUR 9/17 6:30 - 9:00 PM

For those that are new to Gracie Barra Northville, I would like to inform you about our belt testing process. Formal belt tests and promotions are conducted every 3 months. Eligibility is based on attendance, performance in class and recommendations from the coaches. We will be posting eligible students on the bulletin board in the gym. Even if you are not eligible for a promotion you are still encouraged to attend the promotion class. This gives new students a chance to experience what the tests are like, and current students another opportunity to build the team atmosphere and help new students.

For Junior and Senior Champ students, they must demonstrate the techniques that the coaches have determined will be on the test. Students have 2 opportunities in the class to perform the techniques correctly. If they are not able to perform the techniques properly, they will be instructed on what needs to be corrected and have 2 more opportunities in subsequent classes to properly demonstrate the techniques.

For adult white belts, the requirements are to demonstrate the number of techniques from standing and each of the 5 main ground positions equal to the stripe number you are to receive (both attacking and defending). So if you are testing for your 3rd stripe, you will need to demonstrate 3 techniques from each position. For teens, white belts need to demonstrate 1 technique, gray belts 2, yellow belts 3, orange belts 4, green belts 5. If white belt students are regularly attending classes 2 times per week, they will most likely be testing every 3 months.

The curriculum is as follows:

- | | | | |
|--------------------|-----------------|--|----------------|
| 1) Guard Position: | a) Guard Passes | b) Sweeps | c) Submissions |
| 2) Cross Body: | a) Submissions | b) Escape / Reversal / Re-guarding options | |
| 3) Kesa Gatami: | a) Submissions | b) Escape / Reversal / Re-guarding options | |
| 4) Mount: | a) Submissions | b) Escape / Reversal / Re-guarding options | |
| 5) Back Mount | a) Submissions | b) Escape / Reversal / Re-guarding options | |
| 6) Takedowns | a) Takedowns | b) Counters to chosen takedowns | |

For adult colored belts, promotions are based on the instructors determination of the students progress. Colored belt students typically will only be testing every 6 months.

MUAY THAI JOINT TRAINING: 9/21



On Monday, 9/21 from 5:30-7:30 we will again be headed to Commonwealth BJJ for another Muay Thai joint cross-training session. All Muay Thai students are encouraged to attend, as this now regular cross training event has become a big hit with both student bases. We also look to have a 3rd gym join us this time as well.

DESK SUPPORT NEEDED



Do you enjoy talking to people? Do you want to help the gym grow? Do you want to get paid to do both? I am currently looking for another individual to help behind the counter greeting new students, preparing them for class, reviewing the membership information with them and signing them up for a membership. You must be outgoing, professional, responsible and a good communicator. Please text me if you are interested: Prof Greg, 248-207-7555.

REFERRAL PROGRAM



If you invite in someone that joins for 4 months, we will credit you \$75 towards your tuition, or \$100 towards Gracie Barra Wear. If you have seen the benefits in your life or the life of your children, why would not extend that to others that you care about?

BRING A FRIEND TO CLASS



Refer friends to the gym. As soon as we hit 15 referrals brought into the gym, it will trigger a raffle for all the people that referred students during that period. The winner will receive \$100 in cash!

SCHEDULE 9/14-9/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GBM2 Advanced Muay Thai (Invite Only) 5:30 pm	GBM1 Muay Thai Kickboxing (Kids & Adults) 5:30 pm	GBK JR Champs BJJ Belt Test 5:30-7:30 pm	GBM1 Muay Thai Kickboxing (Kids & Adults) 5:30 pm		GBK JR Champs BJJ (Ages 3-8) 9:00 am	CLOSED
GBM1 Muay Thai Kickboxing (Adults Only) 6:30 pm	GBK SR Champs BJJ Belt Test 6:30-8:30 pm		GB1 Adult BJJ Belt Test 6:30-9:00 pm	GB1 GBM1 GBK GBK OPEN MAT All Programs 5:30-7:00 pm	GBK SR Champs BJJ (Ages 9-13) 10:00 am	
GB1 Adult BJJ (14+ y/o) 7:30-9:00 pm		GB1 Adult BJJ (14+ y/o) 7:30-9:00 pm			GBM1 Muay Thai (Adults Only) 11:00 am (BJJ OPEN MAT) 11:00 am	
		GB2 ADV BJJ (Invite Only) 9:00-9:30 pm			GBF Women's Only BJJ 11:00 am	

TOURNAMENTS



[Grappling Industries, Oct 3rd, Hype Rec Center](#)
[Chewjitsu Submission Only, Nov 7, Frankenmuth, MI](#)

~~~> FINAL THOUGHTS <~~~  
THAT PIECE OF TAPE



Prof Greg Fernandes  
Gracie Barra Northville

BUSINESSES WE SUPPORT

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