Gracie Barra Northville Weekly Newsletter 11/16/2026
1 message

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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

BJJ WEEK 6: MOUNT

BELT TESTS, WEEK OF 12/7



TUES 12/8 6:30-8:30 SENIOR CHAMPS
WED 12/9 5:30-7:30 JUNIOR CHAMPS
THUR 12/10 6:30-9:00 ADULTS

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. 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 Gatame:	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 blue belts, students will be required to demonstrate the fundamental curriculum techniques for each stripe.
For other colored belts, promotions are based on the instructors determination of the students progress. Colored belt students typically will only be testing every 6 months.

REFERRAL CHALLENGE



From now until Dec 19th, we have a referral challenge with the winner receiving the drone displayed at the gym. Whoever refers the most members that join by Dec 19th will take home an awesome Christmas present!

CHRISTMAS PARTY, 12/5 9-11am



Our annual Christmas Party will be during regular kids classes on Saturday, Dec 5th from 9-11 am. We will once again have our white elephant gift exchange. If you wish to participate, please bring a $10-$20 wrapped gift. We will once again provide pizza and ask attendees to simply bring something they wish to drink. This is another great opportunity to invite friends and family to find out what our community is all about!

CLEANING SUPPORT STILL NEEDED



Would you like to help ensure a clean, safe training environment and also reduce your tuition? I am looking for 1-2 people to help clean the gym after classes. The process takes less than an hour and can be done anytime you are free. Please contact Prof Greg at 248-207-7555

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.

SCHEDULE 11/16-11/21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GB M2 Advanced Muay Thai (Invite Only) 5:30 pm	GB M1 Muay Thai Kickboxing (Kids & Adults) 5:30 pm	GB K JR Champs 1 BJJ (3-5 y/o) 5:30 pm	GB M1 Muay Thai Kickboxing (Kids & Adults) 5:30 pm		GB K JR Champs BJJ (Ages 3-8) 9:00 am	CLOSED
GB M1 Muay Thai Kickboxing (Adults Only) 6:30 pm	GB K SR Champs BJJ (9-13 y/o) 6:30 pm	GB K JR Champs 2 BJJ (6-8 y/o) 6:30 pm	GB K SR Champs BJJ (9-13 y/o) 6:30 pm	GB 1 GB M1 GB K GB K	GB K SR Champs BJJ (Ages 9-13) 10:00 am	
GB 1 Adult BJJ (14+ y/o) 7:30-9:00 pm	GB 1 Adult BJJ (14+ y/o) 7:30-9:00 pm	GB 1 Adult BJJ (14+ y/o) 7:30-9:00 pm	GB NO GI Adult BJJ (14+ y/o) NO GI 7:30-9:00 pm	OPEN MAT All Programs 6:00-7:00 pm	GB M1 Muay Thai (Adults Only) 11:00 am	
	GB 2 ADV BJJ (Invite Only) 9:00-9:30 pm	GB 2 ADV BJJ (Invite Only) 9:00-9:30 pm	GB 2 ADV BJJ (Invite Only) 9:00-9:30 pm		GB 1 Adult BJJ (14+ y/o) 11 am- 12 pm	

TOURNAMENTS



IBJJF No Gi Worlds, Dec 10-12, Las Vegas
Grappling Industries, Jan 9, Hype Rec Center
NAGA, Feb 13, Hype Rec Center
Grappling Industries, Apr 3, Hype Rec Center

[Grappling Industries, Jun 26, Hype Rec Center]
[Grappling Industries, Oct 2, Hype Rec Center]

~~~> FINAL THOUGHTS <~~~

LEADERSHIP



Prof Greg Fernandes
Gracie Barra Northville

BUSINESSES WE SUPPORT

SPINE PLUS CHIROPRACTIC: Dr Krygier

SpinePlus Chiropractic
37875 W 12 Mile Rd, Building C. Suite 200
Farmington Hills, MI 48331
(248) 324-3090

TAX RESOLUTION SPECIALIST: Eric Schacher



Stay focused on your training — let Eric handle the taxes so you can stay in control on and off the mat. 📞 Schedule your confidential FREE consultation today. P: (248) 234-4988 (Text 24/7) F: (866) 506-6427
eric@ taxresolutiondrs.com www.taxresolutiondrs.com

FOCUS EYE CARE : Dr. Robyn Dragoo



Dr. Dragoo specializes in working with children and adults who have difficulties with vision and learning, developmental delays, and brain injuries. Her advanced training through the College of Optometrists in Vision Development supports this focus. In addition to her work as a developmental/behavioral optometrist, she currently provides comprehensive eye care to patients of all ages.

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