

STUDENT: _____



Central Oahu Jiu-Jitsu Academy

Gracie Games
At-Home Training Tracker

STUDENT IS NOT TO MARK THIS CARD (PARENT ONLY)

SPIDER KID	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SHARK BITE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
BULLDOZER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
CRAZY HORSE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
TACKLE THE GIANT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
CROCODILE CONTROL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
BASE BATTLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SNAKE BITE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
GUARD MONSTER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
CRAZY LEGS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Training Start Date

Bully Battles

MANNERS
(SEPTEMBER & OCTOBER)

Character Development Program

Here are some tips you can use to re-enforce your child's manners at home:

GRACIE HANDSHAKE - When you see someone you know, or meet someone for the first time, use the Gracie Handshake:
Firm Grip, Eye Contact, Sincere Greeting

COURTESY - Look people in their eyes when they are talking to you
- Wait until they are done speaking, before you start

Service - Teach an adult about citizenship
- Teach another kid about citizenship

TABLE MANNERS - Chew with your mouth closed
- Keep your elbows off the table
- Don't talk with food in your mouth
- Don't waste food, eat everything on your plate

POLITENESS - Say "Yes Please" instead of "Yes"
- Say "No Thank You" instead of "No"

Don't forget to track your child's points on their Gracie Gameday Sheet!

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