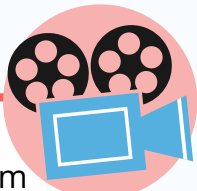



Curriculum Plans

THE Great Flip *Self Defense and Life Skills*



The online self-defense curriculum from The Great Flip is:

Fun
Playful
Empowering
1st - 12th Grade



Everything you need:

Lesson Plans
Talking Points
Videos for:
Class Structure
Warm up & Stretches
Animal-inspired Conditioning Drills
Jiu-jitsu Games
Self-defense Skills & Drills




Benefits

Give your students confidence and courage.

You maintain control of a safe experience.


Choose a Curriculum Plan

Three Plans:
Strong
Confident
Courageous



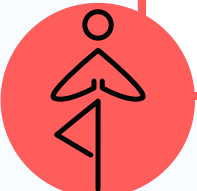
Enroll at www.thegreatflip.com

Your students will learn about:



Self-defense
Brazilian jiu-jitsu
Trust & Respect
Healthy Habits
Anti-bullying Skills
Faith

For More Information



Contact Coach Jody at
jody@thegreatflip.com

THE Great Flip

Self Defense and Life Skills

Strong

Top 12 self-defense skills & drills videos

One-year membership (\$89)
Renews annually (\$49)
Videos only
(lesson plans and other resources not available)



Confident

Top 12 self-defense skills & drills videos

PLUS:
Curriculum
Class Structure Video
4 Lesson Plans, 4 Talking Points
FREE Gift: Anti-bullying Activity

One-year membership (\$189)
Renews annually (\$99)



Courageous

Top 12 self-defense skills & drills videos

PLUS:
Videos: Class Structure, Warm-ups, Stretches, Animal-inspired Conditioning, Jiu-jitsu Games
32 Self-defense Skills & Drill
Curriculum
8 Lesson Plans, 8 Talking Points
FREE Gift: Anti-bullying Activity

One-year membership (\$289)
Renews annually (\$149)



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