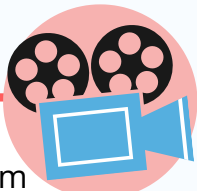



# Curriculum Plans

## 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](http://www.thegreatflip.com)

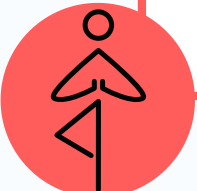
Your students will learn about:

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



For More Information

Contact Coach Jody at  
[jody@thegreatflip.com](mailto: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 (\$89)



## Courageous

Top 12 self-defense skills & drills videos

PLUS:

Videos: Class Structure, Warm-ups, Stretches, Animal-inspired Conditioning, Jiu-jitsu Games

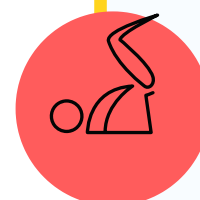
32 Self-defense Skills & Drill

Curriculum

8 Lesson Plans, 8 Talking Points

FREE Gift: Anti-bullying Activity

One-year membership (\$289)  
Renews annually (\$189)



Enroll at [www.thegreatflip.com](http://www.thegreatflip.com)