





ALL CLASSES REQUIRES MINIMUM OF 3 PEOPLE, PLEASE BOOK IN 24 HOURS BEFORE CLASS. OR IT WILL BE CANCELLED!

Find this schedule at WWW.GRACIEUNIVERSITY.CQ.IJK

Monday **BBS1 - 56 Bank Holiday** Closed racie Combatives 36 Essential Techniques Trap and Roll Escape – Mount eg Hook Takamwn11:20am Americana Armlock GMount Clinch (Aggressive Opponent) sitional Control – Mount 30dy Fold Takedown 16 Take the Back + R.N.C. = Mount Clinch (Weapon Defences Punch Block Series (1-4) – Guard illotine Choken Standaram Straight Armlock - Mount Guillotine Defense Gi Triangle Choke & Gardom 23 Elev**ato**r Sweep – G**bard2 - 56** Rear Takwow Pon Defences Blbow Escape – Mount ositional Control – Side Mount Double Leg Takedown (Aggressive) **Ieadlock Counters – Mount** Standing Headlock Defense adlock Escape 1 – Side Mount Standing Armlock Straight Armlock - Guard Aggressive (Pob Salent) 54 30 Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) leadlow Escape 7 Dife Meent Clinch (Conservative Opponent) imp Escape – Side Mount y Fold Jakedown 20am - Gl nura Armlock – Guard Hook Takedown 6:45pm BID We're Proud To Be A Tal Star The People's

Gracie Master Cycle Schedule - March / APRIL 2024 Wednesday Saturday **Tuesday Thursday Weapon Defences Weapon Defences** GRANCINES COMPANDIVES® 7:15pm 12:00pm The No Gitest Way to Street Redaine \$320 maranteed. No Gi Gi August 2009 Tuesd Weapon Defences Weapon Defences Friday Weapon, Defences **Gi** Monday 7:15pm **Weapon Defences** 10am - 11:20am **12:00pm** August 1 31 Clas6:115pm1:30a NocGiss 17 - 11:30a Class 18 - 12:3Gt Classo Gi 0:30a **Class 16** - 12:30p **RD Class** - 11:30a Standing Focus **s 4** - 7:00p Bring a Friend! FIGHT SIN Class 5 - 8:30p sophy - 8 n Class 3 - 8:30p Bring a Friend! **Class 6** - 7:00p RD Class - 630p (Training Focus) **Weapon Defences Weapon Defences Weapon Defences Weapon Defences** 7:15pm 8 12:00pm 10am - 1:30am - 11:30am - 11:30am Class 15pm 1:30g Class 23 - 10:30a Class 22 - 11:30p **RD Class** - 11:30a Side mount Focus Class 9 - 7:00p Bring GiFriend! No Gi No Gi **Giass 10** - 8:30p Philosophy - 8 p Class 8 - 8:30p Bring a Friend! (Life Focus) 25 Weapon Defences **Weapon Defences** 13 Weapon Defences **Weapon Defences** Class 4 - 12:79 gpm **Class 1** – 11:30a Class 2 - 12:30p Class 3 - 11:30a **RD Class** - 11:30a **Class**(1/20m) 0:30a Class 13 - 7:00 d0am - 11:20am Freestyle Focus 6:15pm Bring a Friend! Class 14 - 8:30p Class 12 - 8:30p Philosophy - 8 p Class 15 - 7:00Qi **RD Class** - 6:30p Gi (History Focus) **NorGi**g a Friend! No Gi Class 5 - 11:30a Class 6 - 12:30p Class 7 - 11:30a Class 8 - 12:30p **RD Class** 11:30a Class 20 - 10:30a **Mount Focus** Class 17 - 7:00p Bring a Friend! Class 18 - 8:30p Philosophy Y8 p 2 MAY Class 19 - 7:00p 4 MAY (Health Focus Weapon Defences **Class 16** - 8:30p **RD Class** - 6:30p **Weapon Defences** 2912:00pm 27 Weapon Defences Class 12 12:30p Class -Weapon Defences Class 10 - 11:30p Class 13 - 10:30a **Guard Focus** Class 22 - 7:00p Bring Friend! 6:15pm **Elass 23** - 8:30p Philosophy - 8 p

Gracie Combatives®

Class 21 - 8:30p

No Gi

Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. These 36 techniques were divided into 23 different classes (left) to make up the Gracie Combatives Course. All 23 classes can be completed in any order.

Class 1 - 7:00p

RD Class

Bring a Friend!

Reflex Development Class (RD Class)

(Training Focus)

A "Combatives Card" will be used to track your progress through the course and once you attend each lesson two times, you qualify to participate in the Reflex Development Classes where you will learn to execute all variations of the 36 techniques in every possible combination.

Once you complete each Gracie Combatives® class three times, and you perfect the 36 techniques in every possible combination you can test for your Blue Belt. Please see Blue Belt Qualification Requirements for details.