



Gracie Master Cycle Schedule - March / APRIL 2024

Monday		Tuesday		Wednesday		Thursday		Saturday	
1	BBS1 - 56 Bank Holiday Closed	2	Weapon Defences No Gi	3	Weapon Defences 10am - 11:20am Gi	4	Weapon Defences 7:15pm No Gi	9	Weapon Defences 12:00pm Gi
8	BBS2 - 54 Rear Attack Defences 10am - 11:20am No Gi	9	Gi Weapon Defences 6:15pm FIGHT SIM	10	Weapon Defences 10am - 11:20am No Gi	11	Weapon Defences 7:15pm Gi	13	Weapon Defences 12:00pm No Gi
15	BBS2 - 55 Weapon Defences 10am - 11:20am Gi Reflex 6:45pm	16	Weapon Defences 6:15pm No Gi	17	Weapon Defences 10am - 11:20am Gi	18	Weapon Defences 7:15pm No Gi FIGHT SIM	20	Weapon Defences 12:00pm Gi
22	BBS2 - 56 Weapon Defences 10am - 11:20am No Gi	23	Weapon Defences 6:15pm Gi	24	Weapon Defences 10am - 11:20am No Gi FIGHT SIM	25	Weapon Defences 7:15pm Gi	27	Weapon Defences 12:00pm No Gi
29	BBS3 - 54 Weapon Defences 10am - 11:20am - Gi Reflex 6:45pm	30	Weapon Defences 6:15pm No Gi	1 MAY	Weapon Defences 10am - 11:20am Gi	2 MAY	Weapon Defences No Gi	4 MAY	Weapon Defences 12:00pm Gi FIGHT SIM

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

Find this schedule at WWW.GRACIEUNIVERSITY.CO.UK



Gracie Combatives®

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.

Reflex Development Class (RD Class)

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.

Blue Belt

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.