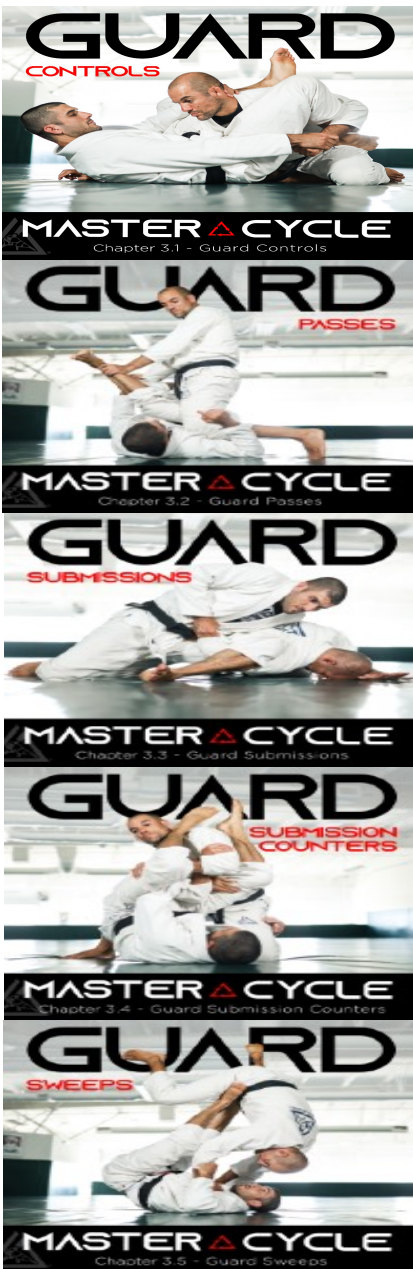




Gracie Master Cycle Schedule - Aug 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
3 BBS4 - 26 Guard Subs 10am - 11:20am Gi	4 Guard Subs 6:15pm Gi	5 Guard Subs 10am - 11:20am Gi	6 Guard Subs Gi 7:15pm FIGHT SIM	8 Fundamentals 11:00am No Gi
10 BBS4 - 27 Guard Sweeps 10am - 11:20am No Gi	11 Guard Sweeps 6:15pm No Gi	12 Guard Sweeps 10am - 11:20pm No Gi FIGHT SIM	13 Guard Sweeps 7:15pm No Gi	15 Fundamentals 11:00am Gi
17 BBS4 - 28 Guard Sweeps 10am - 11:20am Gi	18 Guard Sweeps 6:15pm Gi FIGHT SIM	19 Guard Sweeps 10am - 11:20am Gi	20 REFLEX AT 6:15PM Guard Sweeps EARLY START 7:00pm Gi	22 Fundamentals 11:00am No Gi
24 BBS4 - 29 Sports Guards 10am - 11:20am Gi	25 Sports Guards 6:15pm Gi	26 Sports Guards 10am - 11:20am Gi	27 Sports Guards 7:15pm Gi	29 Sparring 11:00am No Gi FIGHT SIM
31 BBS4 - 30 HG Sweeps 10am - 11:20am No Gi	1 Sept REFLEX AT 6:15PM REFLEX CLASS HG Sweeps EARLY START 7:00pm No Gi	2 Sept HG Sweeps 10am - 11:20am No Gi	3 Sept HG Sweeps 7:15pm - No Gi FIGHT SIM	5 Sept Fundamentals 11:00am No Gi



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.