



Gracie Master Cycle Schedule - DEC 2025				
Monday	Tuesday	Wednesday	Thursday	Saturday
1 BBS2 - 21 Guard Passes 10am - 11:20am Gi	2 Guard Passes 6:15pm Gi	3 Guard Passes 10am - 11:20am Gi	4 Guard Passes Gi FIGHT SIM	6 Fundamentals 12:00pm No Gi
8 BBS2 - 22 Guard Passes 10am - 11:20am Gi	9 FIGHT SIM Guard Passes 6:15pm Gi	10 Guard Passes 10am - 11:00pm Gi	11 Guard Passes 7:15pm Gi	13 Sparring 12:00pm No Gi
15 BBS2 - 23 Guard Passes 10am - 11:20am Gi	16 Guard Passes 6:15pm Gi	17 Guard Passes 10am - 11:20am Gi FIGHT SIM	18 Guard Passes EARLY START 7:00pm Gi	20 Seminar 10:00am 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.

Find this schedule at
WWW.GRACIEUNIVERSITY.CO.UK