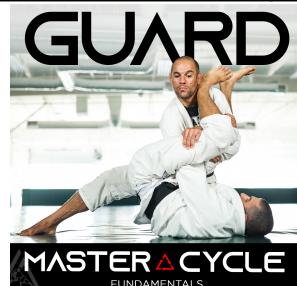


Gracie Master Cycle Schedule - JAN 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
5 BBS3 - 19 Guard Passes 10am - 11:20am Gi	6 Guard Passes 6:15pm Gi	7 Guard Passes 10am - 11:20am No Gi	8 Guard Passes No Gi FIGHT SIM	10 Fundamentals 12:00pm No Gi
12 BBS3 - 20 Guard Passes 10am - 11:20am Gi	13 FIGHT SIM Guard Passes 6:15pm Gi	14 REFLEX CLASS 10am - 11:20pm Gi	15 Guard Passes 7:15pm Gi	17 Fundamentals 12:00pm No Gi
19 BBS3 - 21 Guard Passes 10am - 11:20am Gi	20 Guard Passes 6:15pm Gi	21 Guard Passes 10am - 11:20am Gi FIGHT SIM	22 REFLEX AT 6:15PM Guard Passes EARLY START 7:00pm Gi	24 Fundamentals 12:00pm No Gi
26 BBS4 - 19 Guard Passes 10am - 11:20am Gi	27 Guard Passes 6:15pm Gi	28 Guard Passes 10am - 11:20am Gi	29 Guard Passes 7:15pm Gi FIGHT SIM	31 Fundamentals 12:00pm No Gi
2 Feb BBS4 - 20 REFLEX CLASS 10am - 11:20am Gi	3 Feb Guard Passes 6:15pm Gi	4 Feb Guard Passes 10am - 11:20am Gi	5 Feb Guard Passes 7:15pm Gi	7 Feb Fundamentals 12:00pm No Gi FIGHT SIM



#### 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.