



Gracie Master Cycle Schedule - JULY / AUG 2024

Monday		Tuesday		Wednesday		Thursday		Saturday	
1 Mount Sub Counters No Gi 10am - 11:20am	2 Mount Sub Counters 6:15pm No Gi	3 Mount Sub Counters 11:30am No Gi	4 Mount Sub Counters 7:15pm No Gi FIGHT SIM	6 Mount Sub Counters 12:00pm - GI GI					
8 BBS1-6 Mount Sub Counters 10am - 11:20am No Gi	9 Mount Sub Counters 6:15pm No Gi	10 Mount Sub Counters 11:30am GI FIGHT SIM	11 Mount Sub Counters 7:15pm No Gi	13 Mount Sub Counters 12:00pm No Gi					
15 BBS1-7 Mount Sub Counters 10am - 11:20am No Gi	16 Mount Sub Counters 6:15pm No Gi FIGHT SIM	17 Mount Sub Counters 10am - 11:20am No Gi	18 Mount Sub Counters 7:15pm No Gi	20 Mount Sub Counters 12:00pm GI					
22 BBS1-8 Mount Submissions 10am - 11:20am GI FIGHT SIM	23 Mount Submissions 6:15pm No Gi	24 Mount Submissions 10am - 11:20am GI	25 Mount Submissions 7:15pm GI	27 Mount Submissions 12:00pm No GI					
29 BBS2-9 Mount Submissions 10am - 11:20am GI	30 Mount Submissions 6:15pm GI	31 Mount Submissions 10am - 11:20am GI	1 Aug Mount Submissions 7:15pm GI	3 Aug Mount Submissions 12:00pm GI FIGHT SIM					

ALL CLASSES REQUIRES A MINIMUM OF 3 PEOPLE , PLEASE BOOK IN 24 HOURS BEFORE CLASS.

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.