

Monday

Tuesday









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

Find this schedule at WWW.GRACIEUNIVERSITY.CO.UK

Mount Sub Counters Mount Sub Counters Mount Sub Counters 7:15pm 12:00pm - GI **Mount Sub Counters Mount Sub Counters** No Gi GRACIE COMBATIVES 10am - 11:20am The Fastest Way to Street Readiness. Guarantee FIGHT SIM August 2009 Gracie Combatives **Mount Sub Counters Mount Sub Counters** Motuat Subt Compters Mount Sub Counters Wednesday Thursday 15pm Monday Tuesday Friday Trap and Roll Fscape: 2 Mount Leg Hook Takedown **Mount Sub Counters** 11:30am 31 August 1 Americana Armhek G Mount Clinch (Aggressive Opponent) **Gilass 17** - 11:30a Class: 15pm1:30a Class 18 - 1 No Gi **CIdNO7Gi**10:30a Class 16 - 12:30p **RD Class** - 11:30a FIGHT SI Standing Focus Brina a Friend! No Gi **Positional Control – Mount Class 3** - 8:30p Class 6 - 7:00p RD Class - 6000p Bring a Friend! (Traihing Focus) Take the Back + R.N.C. - Mount **Mount Sub Counters** Mount Sub Counters **Mount Sub Counters Mount Sub Counters** Mount Sub Counters Punch Block Series (1-4) - Guard 6 7:15pm Class 22 - 11:30p 8 12:00pm llotine Choke (Standing)m Class 20 - 11:300 am - Class 20 - 11:30a Class:15pm1:30a **RD Class** - 11:30a **Class 23** - 10:30a Straight Armlock - Mount Side mount Focus Class 9 - 7:00p Bring Friend! **Nockiss 10** - 8:30p Gullotine Defensio Gi No Gi No Gi Philosophy - 8 p Triangle Choke - Guard Brina a Friend! FIGHT SIM Class 11 - 7:00p **RD Class** - 6:30p Focus) Haymaker Punch Defense Elevator Sweep - Grand -8 23 Rear Takedown Submissions Mount Submissions Lass Mount Submissions Mount Submissions Pul Guard Brilla Opmend! Class 13 - 7:00 f0am - 11:20am Philosophy - 8 p Class 14 - 8:30p Freestyle Focus Positional Control 1 side Mount 6:15pm Class 12 – 8:30p Double Leg Takedown (Aggressive) Gring a Friend! Class 15 - 7:00p **RD Class** - 6:30p (History Focus) No Gi Headlock Counter Gi Mount FIGHT SIM 17 18 21 Class 20 - 10:30a Class 7 - 11:30a Class 8 - 12:30n RD Class - 111:30a Mount Focus 3 Aug Straight Armlock - Paul 2d-9 Clas 317 - 7:00p Aug Bring a Friend! Philosophount Submissions Clinch (Aggressive Opponent) Mount Submissions Class 16 - 8:30p Class 19 - 7:00p **RD Class** Double Ankle Sweep - Guard Mount Submissions, Mount Submissions 10am - 11:20am 29 Clinch (Conservative Opponent)
imp Escape Side Maint **Class 9** - 11:30a 6:15pm Class 1.3 - 10:30a Bring a Friend! **Class 10** - 11:30p Class 11 - 11:30a Class 12 - 172;35pm **RD Class** - 11:30a Class 22 - 7:00p **Guard Focus** lv Fold Takedown Class 23 - 8:30p Philosophy - 8 p Class 23i-8:30p Bring a Friend! Class 1 - 7:00 Gi **RD Class** FIGHT SIM nura Armlock **-Gi**uard (Training Focus) Gracie Combatives® BID 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 The People's Elb Favourite Business Development Classes where you will learn to execute all variations of the 36 techniques in every possible combination. Pull **Blue Belt**

Please see Blue Belt Qualification Requirements for details.

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.

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Gracie Master Cycle Schedule - JULY / AUG 2024

Thursday

Saturday

Gi

12:Saturday

No Gi

12:00pm

Wednesday

Double Underhook Pass - Guard