



MASTER CYCLE
Chapter 2.1 - Side Mount Escapes



MASTER CYCLE
Chapter 2.2 - Side Mount Controls



MASTER CYCLE
Chapter 2.4 - Side Mount Submission Counters

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

Find this schedule at
WWW.GRACIEUNIVERSITY.CO.UK

Gracie Master Cycle Schedule - July 2025

Monday		Tuesday		Wednesday		Thursday		Saturday	
7	BBS3 - 15 Side Sub Counters 10am - 11:20am No Gi	8	Side Sub Counters 6:15pm No Gi	9	Side Sub Counters 10am - 11:20am Gi	10	Side Sub Counters Gi FIGHT SIM	12	Fundamentals 12:00pm No Gi
14	BBS4 - 9 Side Mount Controls 10am - 11:20am No Gi	15	Side Mount Controls 6:15pm No Gi	16	Side Mount Controls 10am - 11:20am Gi FIGHT SIM	17	Side Mount Controls 7:15pm Gi	19	Fundamentals 12:00pm No Gi
21	BBS4 - 10 Side Mount Controls 10am - 11:20am Gi	22	Side Mount Controls 6:15pm Gi FIGHT SIM	23	Side Mount Controls 10am - 11:20am No Gi	24	Side Mount Controls 7:15pm No Gi	26	Fundamentals 12:00pm Gi
28	BBS4 - 11 Side Escapes 10am - 11:20am No Gi FIGHT SIM	29	Side Escapes 6:15pm No Gi	30	Side Escapes 10am - 11:20am Gi	31	Side Escapes 7:15pm Gi FIGHT SIM	2 Aug	Fundamentals 12:00pm No Gi
4 Aug	BBS4 - 12 Side Escapes 10am - 11:20am No Gi	5 Aug	Side Escapes 6:15pm No Gi	6 Aug	Side Escapes 10am - 11:20am Gi	7 Aug	Side Escapes 7:00pm Gi	8 Aug	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.