



Gracie Master Cycle Schedule - June 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
1 BBS3 - 31 Half Guard Top 10am - 11:20am	2 Half Guard Top 6:15pm Gi	3 REFLEX CLASS 10am - 11:20am No Gi	4 Half Guard Top Gi 7:15pm - No Gi FIGHT SIM	6 Fundamentals 12:00pm No Gi
8 BBS3 - 32 Sports Guards 10am - 11:20am Gi	9 Sports Guards 6:15pm Gi	10 Sports Guards 10am - 11:20pm Gi FIGHT SIM	11 Sports Guards 7:15pm Gi	14 Fundamentals 12:00pm No Gi
15 BBS4 - 18 Guard Controls 10am - 11:20am No Gi	16 Guard Controls 6:15pm No Gi FIGHT SIM	17 Guard Controls 10am - 11:20am No Gi	18 REFLEX AT 6:15PM Guard Controls EARLY START 7:00pm No Gi	20 FIGHT SIM TRAINING 12:00pm Gi
22 BBS4 - 19 Guard Passes 10am - 11:20am FIGHT SIM No Gi	23 Guard Passes 6:15pm No Gi	24 Guard Passes 10am - 11:20am Gi	25 Guard Passes 7:15pm Gi	27 Fundamentals 12:00pm No Gi
29 BBS4 - 20 Guard Passes 10am - 11:20am Gi	30 Guard Passes 6:15pm Gi	1 JULY Guard Passes 10am - 11:20am Gi	2 JULY Guard Passes Gi 7:15pm - No Gi FIGHT SIM	4 JULY Fundamentals 12:00pm No 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.