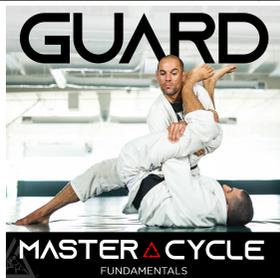




Gracie Master Cycle Schedule - March 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
2 BBS1 - 24 Guard Submissions 10am - 11:20am Gi	3 Guard Submissions 6:15pm Gi	4 Guard Submissions 10am - 11:20am No Gi	5 Guard Submissions No Gi 7:15pm FIGHT SIM	7 Fundamentals 12:00pm No Gi
9 BBS1 - 25 Guard Submissions 10am - 11:20am Gi	10 Guard Submissions 6:15pm Gi	11 Guard Submissions 10am - 11:20pm Gi	12 Guard Submissions 7:15pm Gi FIGHT SIM	14 Sparring 12:00pm No Gi
16 BBS2 - 25 Guard Sub Counters 10am - 11:20am Gi	17 Guard Sub Counters 6:15pm Gi	18 Guard Sub Counters 10am - 11:20am No Gi FIGHT SIM	19 REFLEX AT 6:15PM Guard Sub Counters EARLY START 7:00pm No Gi	21 Fundamentals 12:00pm Gi
23 BBS2 - 26 Guard Submissions 10am - 11:20am No Gi	24 Guard Submissions 6:15pm No Gi	25 Guard Submissions 10am - 11:20am Gi	26 Guard Submissions 7:15pm Gi FIGHT SIM	28 Fundamentals 12:00pm No Gi
30 BBS3 - 27 REFLEX CLASS 10am (55 mins) Gi	31 Guard Submissions 6:15pm Gi	1st April Guard Submissions 10am - 11:20am No Gi	2nd April Guard Submissions 7:15pm No Gi	3 April Fundamentals 12:00pm 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.