



Gracie Master Cycle Schedule - May / June 2024

Monday		Tuesday		Wednesday		Thursday		Saturday	
6 May	BBS3 - 55	7	Weapon Defences	8	Weapon Defences	9	Weapon Defences	11	Weapon Defences
Bank Holiday Closed		Gi 6:15pm		10am - 11:20am No Gi		7:15pm Gi		12:00pm No Gi	
13	BBS3 - 56	14	No Gi	15	Weapon Defences	16	Weapon Defences	18	Weapon Defences
Rear Attack Defences 10am - 11:20am Gi		Weapon Defences 6:15pm FIGHT SIM		10am - 11:20am Gi		7:15pm No Gi		12:00pm Gi	
20	BBS4 - 52	21	Weapon Defences	22	Weapon Defences	23	Weapon Defences	25	Weapon Defences
10am - 11:20am Gi		6:15pm No Gi		10am - 11:20am Gi Reflex 7:45pm - 8:25pm		7:15pm No Gi FIGHT SIM		12:00pm Gi	
27	BBS4 - 53	28	Weapon Defences	29	Weapon Defences	30	Weapon Defences	1 June	Weapon Defences
Bank Holiday Closed		6:15pm Gi		10am - 11:20am No Gi FIGHT SIM		7:15pm Gi		12:00pm No Gi	
3 June	BBS4 - 54	4 June	Weapon Defences	5 June	Weapon Defences	6 June	Weapon Defences	8 June	Weapon Defences
10am - 11:20am Gi		6:15pm No Gi		10am - 11:20am Gi Reflex 7:45pm - 8:25pm		7:15pm No Gi		12:00pm Gi FIGHT SIM	

ALL CLASSES REQUIRES A MINIMUM OF 3 PEOPLE , PLEASE BOOK IN 24 HOURS BEFORE CLASS. OR IT WILL BE CANCELLED!

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.