



Gracie Master Cycle Schedule - May 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
4 BBS3 - 27 BANK HOLIDAY CLOSED	5 Guard Sweeps 6:15pm Gi	6 Guard Sweeps 10am - 11:20am Gi	7 Guard Sweeps 7:15pm Gi FIGHT SIM	9 FIGHT SIM TRAINING 12:00pm No Gi
11 BBS3 - 28 Sports Guards 10am - 11:20am Gi	12 Sports Guards 6:15pm Gi	13 Sports Guards 10am - 11:20pm Gi FIGHT SIM	14 Sports Guards 7:15pm Gi	16 Fundamentals 12:00pm No Gi
18 BBS3 - 29 Half Guard Bottom 10am - 11:20am No Gi	19 Half Guard Bottom 6:15pm No Gi FIGHT SIM	20 Half Guard Bottom 10am - 11:20am No Gi	21 <small>REFLEX AT 6:15PM</small> Half Guard Bottom EARLY START 7:00pm No Gi	23 Fundamentals 12:00pm Gi
25 BBS3 - 30 BANK HOLIDAY CLOSED	26 Half Guard Bottom 6:15pm No Gi	27 Half Guard Bottom 10am - 11:20am Gi	28 Half Guard Bottom 7:15pm Gi	30 Fundamentals 12:00pm No Gi FIGHT SIM
1 JUNE BBS3 - 31 Half Guard Top 10am - 11:20am Gi	2 JUNE Half Guard Top 6:15pm Gi	3 JUNE REFLEX CLASS 10am - 11:20am No Gi	4 JUNE Half Guard Top 7:15pm - No Gi FIGHT SIM	6 JUNE 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.