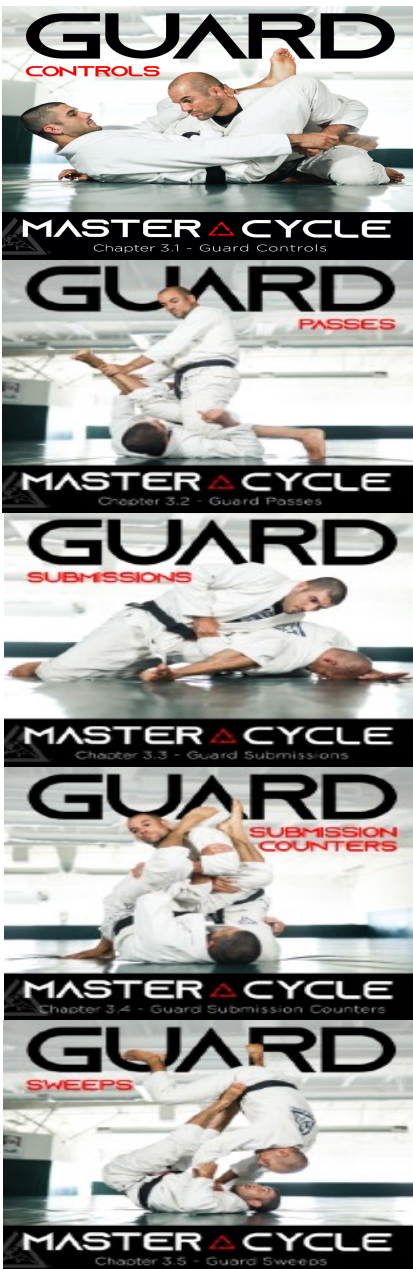




Gracie Master Cycle Schedule - OCT 2025

Monday	Tuesday	Wednesday	Thursday	Saturday
BBS1 - 17		1 Guard Controls 10am - 11:20am Gi	2 Guard Controls Gi FIGHT SIM	4 Fundamentals 12:00pm No Gi
6 BBS1 - 18 Guard Controls 10am - 11:20am No Gi	7 FIGHT SIM Guard Controls 6:15pm No Gi	8 Guard Controls 10am - 11:00pm Gi	9 Guard Controls 7:15pm Gi	11 Fundamentals 12:00pm No Gi
13 BBS2 - 18 Guard Controls 10am - 11:20am Gi	14 Guard Controls 6:15pm Gi	15 Guard Controls 10am - 11:20am No Gi FIGHT SIM	16 Guard Controls EARLY START 7:00pm No Gi	18 Fundamentals 12:00pm Gi
20 BBS2 - 19 Guard Controls 10am - 11:20am Gi	21 Guard Controls 6:15pm Gi	22 Guard Controls 10am - 11:20am Gi	23 Guard Controls 7:15pm Gi FIGHT SIM	25 Fundamentals 12:00pm Gi
27 BBS3 - 17 Guard Controls 10am - 11:20am No Gi	28 Guard Controls 6:15pm No Gi	29 Guard Controls 10am - 11:20am Gi	30 Guard Controls Gi	1 Nov 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.