

Intro

- Congrats to all BBS3 graduates!
- We couldn't be happier with the progress of GU students.
- BBS4 utilizes the same chapter structure as BBS1 and BBS2.
- BBS4 features the counters to the BBS3 lessons and the next layer of universally effective/essential techniques.

Recycling

- Before studying any individual BBS4 chapter, you should review the corresponding chapter in BBS1, BBS2 and BBS3.
- Recycling through the previous courses and chapters will ensure that you are consistently refining your understanding and execution of the most important techniques.
- When you recycle, you will be able to analyze past techniques "under a new microscope."
- Your top objective should be to become a "black belt" at Gracie Combatives.

Once you pass the BBS4 test, you will qualify to test for your purple belt at a Certified Training Center!