

Congratulations on earning your Purple Belt. You are now part of an elite group of jiu-jitsu students we call “lifers.” Less than 10% of students ever make it this far, and the fact that you are here is a strong indication that you will make it all the way to black belt!

Let’s break down the what, the how, and the why of your jiu-jitsu journey thus far:

- **WHAT:** In Gracie Combatives you learned what jiu-jitsu is. You learned that with leverage and technique a smaller person can defend against a larger more athletic opponent in a street fight.
- **HOW:** In the Master Cycle Curriculum (Blue Belt Stripes 1 through 4), you learned how to apply jiu-jitsu against another person who knows jiu-jitsu. Altogether, you completed 240 lessons and learned well over 700 techniques!
- **WHY:** Now, it’s time for you to learn why jiu-jitsu works. Jiu-jitsu consist of thousands of techniques, all of which are governed by a relatively small number of principles. Once you learn these principles not only will you become much more proficient in all the techniques you’ve learned thus far, but you will be more capable of innovating and improvising solutions in any situation for which you haven’t yet learned specific techniques.

The Apex Principle: The apex principle of jiu-jitsu is Efficiency. Everything we do in jiu-jitsu aims to achieve maximum productivity with minimal effort by way of leverage, or “alavanca.”

The Two Macro Principles: The two Macro Principles we rely on to optimize efficiency in every situation are Timing and Control.

The 32 Micro Principles: By applying the Macro Principles of Timing and Control in unique proportions for specific combat objectives, we have identified the 32 “Micro Principles” that govern all of jiu-jitsu.

In each of the four stripe courses, from purple to brown belt, you will learn eight Micro Principles, starting with the following eight for the Purple Belt Stripe 1 course:

- Principle 1: Connection
- Principle 2: Detachment
- Principle 3: Distance
- Principle 4: Pyramid
- Principle 5: Creation
- Principle 6: Acceptance
- Principle 7: Velocity
- Principle 8: Clock

Lesson Outline: In each lesson, we will thoroughly explain the principle before demonstrating several techniques that rely on it. Some of the examples will be techniques that you’ve already learned in the GU curriculum, while others will be brand-new techniques.

Research Objectives: Over a three-week research period, you will apply the principle of interest to every aspect of your jiu-jitsu. You will identify and dissect at least nine techniques in which the principle plays an integral role. Three of the examples should be “as-is” techniques, three should be “enhanced” techniques, and three should be “discovered” techniques.

Filtered Sparring: After each daily research session, you will conduct a sparring exercise of your choice (gi, no-gi, fight sim, positional start-up, submission specific, ping pong, etc.). The top priority should be the inclusion of the principle of interest, and you should spend ample time after each sparring session to discuss and dissect the implications of the principle throughout the roll.

Six-Month Study Period: Even though the stripe course only consists of eight lessons, you will be required to spend at least six months studying, dissecting, and incorporating these eight principles before submitting your Purple Belt Stripe 1 test.

Testing Requirements: For your Purple Belt Stripe 1 Test, you will upload eight Technical Videos and two Sparring Videos (gi and no-gi). Each technical video will be dedicated to a single principle, and for each principle, you will demonstrate three techniques that utilize the principle. You will find more details in the online Testing Center.

The Jiu-Jitsu Tree: All of jiu-jitsu is like a massive tree with the following components:

Trunk = Gracie Combatives

Branches = Master Cycle

Roots = The 32 Principles

Regardless of your training objective (sport, street, mma, gi, no-gi), all jiu-jitsu trees share the same root system.

It's time to strengthen the roots of your jiu-jitsu tree. We'll see you in Lesson 1: The Connection Principle!