

**Intro**

- Continue to perfect, and never forget, your Gracie Combatives techniques.
- Beyond Gracie Combatives, each belt level is comprised of 4 Stripe Courses.
- Each Stripe Course is broken down into 7 Positional Chapters.
- There are approximately 8-12 lessons per Chapter.
- Each Chapter should be cycled through two or three times before moving on.

**Training Equipment**

- Grappling mats are recommended for optimum training.
- A jiu-jitsu gi will be needed Master Cycle lessons and stripe tests.
- 16-18oz. boxing gloves and mouthpieces are required for Fight Simulation Sparring.
- Practice weapons (stick, knife, gun) will be needed for Chapter 7.

**Street Switch**

- In the Master Cycle, you will learn the street and sport aspect of Gracie Jiu-Jitsu.
- Practicing sport techniques can enhance your understanding of balance, timing, etc.
- The key is never to become too reliant on any technique that leaves you vulnerable to punches.
- Practice everything, but develop an internal “Street Switch” that can be flipped on whenever punches are added to the equation.

**Stripe Tests**

- A Stripe Test will be used to assess your eligibility for promotion after each Stripe Course.
- Stripe Tests will feature a technical demonstration portion as well as sparring portions.
- The sparring portion will include gi, no-gi, and fight simulation sparring.
- Rushing to test is rushing to fail. Be patient and aim for perfection.

**Final Thoughts**

- Focus on developing the Grand Master’s scientific mindset.
- Go through the lessons in the prescribed sequence for maximum results.
- Be as dedicated during the repeat viewing of a lesson as you were during the initial viewing.
- To make it to the top, you will need one or more training partners who will dedicate with you.
- Since you are now part of the family, please forgive Ryron and Renner for acting ridiculous from time to time.