

The Path to Black Belt

Master all variations of the 36 Gracie Combatives techniques, earn your blue belt, and then the real journey begins!

- There are four types of opponents:
 - Level 1: Your size, no knowledge of jiu-jitsu.
 - Level 2: Larger than you, no knowledge of jiu-jitsu.
 - Level 3: Your size, trained in jiu-jitsu.
 - Level 4: Larger than you, trained in jiu-jitsu.
- Gracie Combatives prepares you for Levels 1 and 2, the Master Cycle will prepare you for the rest.
- The longer you spend mastering any given technique(s), the larger the opponent it will work on.

Notes: