

Intro

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

Training Equipment

- Same training equipment as BBS2.
- Ryron/Rener wear gis even when a class is not necessarily gi reliant.
- Every lesson should be completed in both gi and no-gi for max benefit.

Recycling

- Before studying any individual BBS3 chapter, you should review the same chapter in BBS1 and BBS2.
- 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.

Principle Ownership

- Use the techniques to deepen your understanding of the principles.
- Once a principle is owned, you can apply it to previously undiscovered situations.
- Don't be a "jiu-jitsu robot" who doesn't own principles behind the techniques.

The Helio Gracie Mindset

- Grand Master Helio had no instructor for most of his career.
- Sweat, hard work, and energy efficiency were his primary instructors.
- If he accomplished so much with so little, imagine what you can do with Gracie University!