

# GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap & Roll Escape - Mount (GU 1)* Leg Hook Takedown (GU 6)
2	Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	Positional Control - Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + R.N.C. - Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Armbar - Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)
9	Elbow Escape - Mount (GU 12) Pull Guard (GU 21)
10	Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 - Side Mount (GU 18) Standing Armbar (GU 34)
13	Armbar - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)
16	Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)
17	Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6)
18	Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)
20	Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass - Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)

March - April 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Class 14 - 7:30p	5 Class 5 - 12p Class 15 - 6:30p	6 Class 16 - 7:30p Bring a Friend!	7 Class 6 - 12p Class 17 - 6:30p	1 Class 13 - 7:30p	2 Class 4 - 10:00a Bring a Friend!
11 Class 19 - 7:30p	12 Class 8 - 12p Class 20 - 6:30p	13 Class 21 - 7:30p Bring a Friend!	14 Class 9 - 12p Class 22 - 6:30p	15 Class 23 - 7:30p	16 Class 1 - 10:00a Bring a Friend!
18 Class 2 - 7:30p	19 Class 11 - 12p Class 3 - 6:30p	20 Class 4 - 7:30p Bring a Friend!	21 Class 12 - 12p Class 5 - 6:30p	22 Class 6 - 7:30p	23 Class 13 - 10:00a Bring a Friend!
25 Class 7 - 7:30p	26 Class 14 - 12p Class 8 - 6:30p	27 Class 9 - 7:30p Bring a Friend!	28 Class 15 - 12p Class 10 - 6:30p	29 Class 11 - 7:30p	30 Class 16 - 10:00a Bring a Friend!
April 1 Class 12 - 7:30p	2 Class 17 - 12p Class 13 - 6:30p	3 Class 14 - 7:30p Bring a Friend!	4 Class 18 - 12p Class 15 - 6:30p	5 Class 16 - 7:30p	6 Class 19 - 10:00a Bring a Friend!

## Street Readiness in 23 Classes!

The 36 techniques in the Gracie Combatives program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

## Reflex Development Class (RD Class)

Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

## Log-on & Boost Progress!

\*Parenthesis indicate corresponding video lesson

number on GracieUniversity.com As a student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. Please speak to a student services representative if you have any questions.

## Gracie Combatives Belt Qualification Test

Once you have at least eight months of experience and you've perfected all the techniques, individually and in combination, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the Testing Center at GracieUniversity.com.