# **GRACIE COMBATIVES**<sup>° 2.0</sup>

1Trap & Roll Escape - Mount (GU 1)* Leg Hook Takedown (GU 6)2Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Body Fold Takedown (GU 14)4Take the Back + R.N.C Mount (GU 4+ 5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) - Guard (GU 8) Guillotine Defense (GU 32)6Armbar - Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape - Mount (GU 12) Pull Guard (GU 21)10Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 - Side Mount (GU 18) Standing Armbar (GU 34)13Armbar - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)15Headlock Escape 2 - Side Mount (GU 22) Clinch (Aggressive Opponent) (GU 15)16Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 4)17Kimura Armlock - Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep - Guard (GU 23)20Take the Back - Guard (GU 23) Pull Guard (GU 21)22Twisting Arm Control - Mount (GU 33) Pull Guard (GU 21)23Double Underhook Pass - Guard (GU 36) Double Leg Takedown (GU 29)23Double Underhook Pass - Guard (GU 36) Double Leg Takedown (Conservative) (GU 17) <th>23 Classes</th> <th colspan="5">36 Essential Techniques</th>	23 Classes	36 Essential Techniques				
2Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) – Guard (GU 8) 	1					
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a   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 24) Body Fold Takedown (GU 14)     16   Shrimp Escape – Side Mount (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 21)     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)	9					
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13   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 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)						
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Guillotine Choke (Guard Pull) (GU 23)15Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)16Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)18Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)20Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)23Double Underhook Pass – Guard (GU 36)						
15   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 21)     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)	14	• • • •				
16   Shrimp Escape – Side Mount (GU 15)     16   Shrimp Escape – Side Mount (GU 24)     Body Fold Takedown (GU 14)   Kimura Armlock – Guard (GU 25)     17   Leg Hook Takedown (GU 6)     18   Punch Block Series (5) – Guard (GU 27)     Haymaker Punch Defense (GU 30)   Hook Sweep – Guard (GU 28)     19   Hook Sweep – Guard (GU 23)     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)	15	Headlock Escape 2 – Side Mount (GU 22)				
16   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)		Clinch (Conservative Opponent) (GU 15)				
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 21)     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)	16					
17   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)		Body Fold Takedown (GU 14)				
Leg Hook Takedown (GU 6)     18   Punch Block Series (S) – 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)	17	Kimura Armlock – Guard (GU 25)				
18 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)						
Haymaker Punch Defense (GU 30)     Hook Sweep – Guard (GU 28)     Guillotine Defense (GU 32)     Take the Back – Guard (GU 31)     Standing Headlock Defense (GU 26)     Elbow Escape – Side Mount (GU 33)     Pull Guard (GU 21)     Twisting Arm Control – Mount (GU 35)     Rear Takedown (GU 29)     Double Underhook Pass – Guard (GU 36)	10					
19 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)	10					
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)	19					
20 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)						
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)	20					
21 Pull Guard (GU 21)   22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)   23 Double Underhook Pass – Guard (GU 36)						
Pull Guard (GU 21)     22   Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)     23   Double Underhook Pass – Guard (GU 36)	21					
22 Rear Takedown (GU 29)   23 Double Underhook Pass – Guard (GU 36)						
Rear Takedown (GU 29)   Double Underhook Pass – Guard (GU 36)	22					
73						
Double Leg Takedown (Conservative) (GU 17)	23					
		Double Leg Takedown (Conservative) (GU 17)				

May 2024								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
29 <b>Class 15</b> - 8:00p	30 <b>Class 16</b> - 6:30p	May 1 Class 17 - 8:00p Bring a Friend!	2 <b>Class 18</b> - 6:30p	3 RD Class - 6:30p Guard Focus	4 <b>Class 19</b> - 10:00a Bring a Friend!			
6 <b>Class 20</b> - 8:00p	7 <b>Class 21</b> - 6:30p	8 Class 22 - 8:00p Bring a Friend!	9 <b>Class 23</b> - 6:30p	10 RD Class - 6:30p Side Mount Focus	11 <b>Class 1</b> - 10:00a Bring a Friend!			
13 <b>Class 2</b> - 8:00p	14 <b>Class 3</b> - 6:30p	15 Class 4 - 8:00p Bring a Friend!	16 <b>Class 5</b> - 6:30p	17 RD Class - 6:30p Standing Focus	18 <b>Class 6</b> - 10:00a Bring a Friend!			
20 <b>Class 7</b> - 8:00p	21 <b>Class 8</b> - 6:30p	22 Class 9 - 8:00p Bring a Friend!	23 Class 10 - 6:30p	24 RD Class - 6:30p Freestyle Focus	25 <b>Class 11</b> - 10:00a Bring a Friend!			
27 <u>CLOSED</u> for Memorial Day	28 <b>Class 12</b> - 6:30p	29 Class 13 - 8:00p Bring a Friend!	30 <b>Class 14</b> - 6:30p	31 RD Class - 6:30p Mount Focus	4 <b>Class 15</b> - 10:00a Bring a Friend!			
6 <b>Class 16</b> - 8:00p	7 <b>Class 17</b> - 6:30p	8 <b>Class 18</b> - 8:00p Bring a Friend!	9 <b>Class 19</b> - 6:30p	10 <b>RD Class</b> - 6:30p <i>Guard Focus</i>	11 <b>Class 20</b> - 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! \*\*All participants **MUST** have GRACIE JIU-JITSU 18oz GLOVES to participate in the Fight Simulation portion of class\*\*

### Log-on & Boost Progress!

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. If you have trouble accessing your lessons online, please speak to a student services representative.

### **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.

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com