

In this comprehensive introduction to Gracie Combatives, Ryron and Renner explain what inspired them to reproduce and rerelease the program. To make sure you get the most out of your Gracie Combatives learning experience they discuss everything from the program outline and essential training trips to the testing guidelines and an informative positional index. Once you complete this introduction, you'll be ready to begin with lesson one.

Welcome to Gracie Combatives 2.0

- After 13 years, the all-time best-selling beginner jiu-jitsu program has been reproduced from top to bottom and is loaded with countless new features and bonus techniques!
- Gracie Combatives is based on the 36 jiu-jitsu techniques that have been used in real fights more often and with greater success than all the other techniques combined.
- Originally developed for the US Army, Gracie Combatives is designed to prepare any man or woman to defend themselves in a physical altercation in the least amount of time possible.
- Gracie Combatives is the official beginner program taught at hundreds of Certified Gracie Jiu-Jitsu Training Centers around the world and no experience is necessary to get started.
- When you complete the course, you'll even have a chance to demonstrate your proficiency in all the techniques and earn your Gracie Combatives belt in person at an accredited school OR online using the Video Evaluation Process.

Program Outline

- **36 Lessons:** By presenting every single lesson in linear format, we remove all the guesswork. Just press play and we'll take care of the rest.
- **Solo Preparation Drills:** No training partner, no problem. Use these drills to build muscle memory in solo practice or to prepare your body for the lesson of the day.
- **Technique Slices:** By breaking down each lesson into simplified drills or "slices," we eliminate all the confusion so that anyone can learn jiu-jitsu.
- **Bonus Slices:** We added an exciting bonus technique to every single lesson so that you can learn something new even if you own the original Gracie Combatives program.
- **Reflex Development Drills:** We teach you how to combine all the slices of the lesson to build muscle memory in their execution.
- **Fight Simulation Drills:** You'll learn how to apply the newly learned technique in combination with all previously learned techniques in these fun FSDs.
- **Mindset Minutes:** Short recaps of the most important concepts covered in each lesson.
- **Street Tips:** Essential considerations surrounding the real-life application of the techniques including, but not limited to: multiple attackers, biting, eye gouging, groin strikes, legal considerations, terrain considerations, and so much more.
- **The 32 Principles:** When you understand how a technique works, you have a solution for one problem. When you understand why a technique works, you have a solution for every problem. For the first time ever, we identify the core 2-3 principles for every single Gracie Combatives lesson. Our hope is that by unlocking the power of The 32 Principles this early in your jiu-jitsu journey, you will reach the mountaintop of jiu-jitsu mastery in half the time it would otherwise take.

Training Tips

- **Solo vs. Partnered:** Even though you can make significant progress working solo, in order to develop the muscle memory that you'll need to apply the techniques successfully in a real fight, you'll need at least one training partner.
- **The Perfect Partner:** In searching for the perfect training partner, here are some of the most important attributes: 1) Patient and positive energy on the mat, 2) Slow and safe when practicing the techniques, 3) Throttled expectations, especially with close friends and family.
- **Finding a Partner Online:** If you don't have anyone to train with and there are no Certified Training Centers or Gracie Garages in your community, you can find training partners online at GracieUniversity.com.
- **The Recommended Training Schedule:** For maximum retention of the techniques, we recommend you follow the Gracie Combatives 108-day recommended training schedule, and that you cycle through the entire program at least twice before testing.
- **Increased Difficulty:** When repeating lessons, try practicing on both left and right sides, as well as blindfolded, to make the drills more challenging and to strengthen your reflexes.
- **Training Gear:** For the optimal learning experience we recommend the following equipment:
 - **Mats** - 10ft x 10ft of at-home grappling mats.
 - **Apparel** - Gi pants or fight shorts with spats for bottoms and rashguard for top.
 - **Online Store** - Shop gear and apparel at GracieUniversity.com.

Street vs. Sport

- Brazilian Jiu-Jitsu exists as both a recreational sport and a self-defense system. When practiced as a sport, the objective is jiu-jitsu against jiu-jitsu. Besides the fact that there are little, if any, considerations for strikes (which is a huge factor in a real fight), the sport of jiu-jitsu is a game that is very nuanced and very discouraging for beginners because there are literally infinite possibilities when both people know jiu-jitsu. This is not to say that someone who spends years doing sport jiu-jitsu, won't be able to defend themselves, they'll probably be just fine, but that's only if they don't quit before they reach a high level of proficiency. Sport jiu-jitsu is so complex and so confusing for beginners that most people, especially the small/weak/unathletic, quit within weeks or months of giving it a try.
- Here at Gracie University and at all of our Certified Training Centers around the world, the jiu-jitsu journey begins with 100% emphasis on self-defense, and there are three very important reasons we do this:
 - **Context is King:** In Gracie Combatives, every single technique is designed to solve a common and realistic street fight threat. Students are never confused as to why we are doing something, and they get addicted to the fun and effective nature of the techniques.
 - **We Play the Odds:** There is a 99.95% chance that if you get attacked on the street that the opponent will NOT be a BJJ practitioner. This reality shapes how we teach beginners. Instead of dividing the student's time amongst hundreds of techniques they may never need in fight, we focus exclusively on the 36 techniques that have been used in real fights more often and with greater success than all the other techniques combined.
 - **Confidence & Connections Over Chaos:** In sport BJJ students begin sparring within days or weeks of enrolling. This leads to injuries at a staggering rate and is the number one reason why so many people quit so early in the journey. Since there is no sparring in Gracie Combatives, not only are injuries very rare, but students have the opportunity to learn how to safely move their bodies so that when they eventually transition to the Master Cycle, and begin sparring, they are less likely to cause injuries to themselves and their training partners.

Testing Guidelines

- **True Connection:** By allowing students to test in-person or via video upload, we are able to verify that the material is being correctly assimilated by students around the world.
- **90+ to Pass:** You will start with 100 points and get a 1-point deduction for each critical error. If you make more than 10 critical mistakes you will be notified of your shortcomings so you can retest at a later date.
- **Gracie Combatives Belt:** If you make fewer than 10 critical errors, online or in-person, you will pass the test and be awarded your Gracie Combatives belt.
- **Instructor Certification:** If you receive fewer than 5 deductions (scoring 95 or higher), then you will qualify to apply for the Instructor Certification Program (learn more at GracieInstructor.com) which is the first step on the path towards establishing your own Certified Gracie Jiu-Jitsu Training Center.
- **Start Here:** Before you start with Lesson 1, we recommend you watch the complete Gracie Combatives test demonstration included at the end of the program, so you know what to expect (and what to look forward to).

Positional Index

- **Base Get-Up:** Balance and stability are essential in any fight. This is an important concept that will be referenced throughout the program.
- **Shrimp:** The ability to move your hips quickly and effectively will help you with many techniques.
- **Break Fall:** A great life skill, but also an essential concept to ensure safe practice with your training partners.
- **Core Positions:**
 - **Mount:** Top person has knees around bottom person's hips.
 - **Back Mount:** One person on the other person's back, with or without "hooks."
 - **Side Mount:** Top person has both legs on one side of bottom person's body.
 - **Guard:** Bottom person has their legs wrapped around top person's waist.
 - **Clinch:** One person is grabbing the other person in close range while standing.
- **Punch Power Scale:** All punches exist on a power scale with the weak 1s and 2s at the bottom and the knockout 9s and 10s at the top. The distance from which the strike is thrown makes all the difference in the world.