

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques	December 2021					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Trap and Roll Escape – Mount (GU 1) Leg Hook Takedown (GU 6)						
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)	29	30 Class 15 7:30PM	1	2 Class 16 7:30PM	3	4 Class 17 11:00AM Bring A Friend
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	7 Class 18 7:30PM	8	9 Class 19 7:30PM	10	11 Class 20 11:00AM Bring A Friend
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)						
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)	13	14 Class 21 7:30PM	15	16 Class 22 7:30PM	17	18 Class 23 11:00AM Bring A Friend
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)						
9	Elbow Escape – Mount (GU12) Pull Guard (GU 21)						
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)	20	21 No Class	22	23 No Class	24	25 No Class
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)						
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)	27	28 Class 1 7:30PM	29	30 Class 2 7:30PM	31	1. No Class
13	Straight Armlock – 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)						

Street Readiness in 23 Lessons!

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 lessons 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!

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

White-Blue Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible combination, you can test for your Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please

see the *White-Blue Belt Qualification Requirements* for details.