

# Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques	MAY 2022					
		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)	2	3 <b>Class 6</b> 7:30PM	4	5 <b>Class 7</b> 7:30PM	6	7 <b>Class 8</b> 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)	9	10 <b>Class 9</b> 7:30PM	11	12 <b>Class 10</b> 7:30PM	13	14 <b>Class 11</b> 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)	16	17 <b>Class 12</b> 7:30PM	18	19 <b>Class 13</b> 7:30PM	20	21 <b>Class 14</b> 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)	23	24 <b>Class 15</b> 7:30PM	25	26 <b>Class 16</b> 7:30PM	27	28 <b>Class 17</b> 11:00AM Bring A Friend
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)						
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)	29	30 <b>Class 18</b> 7:30PM	31			
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.