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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

November - December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 23 **Class 12** - 7:00am **Class 3** - 11:00am **Class 1** - 8:00pm	24 **Class 14** - 12:30pm **Class 18**- 6:30pm	25 **Class 20** - 8:00pm	26 **CLOSED FOR THANKSGIVING HOLIDAY**	27	28
30 **Class 13** - 7:00am **Class 4** - 11am **Class 2** - 8:00pm	**December 1** **Class 15** - 12:30pm **Class 19** - 6:30pm	2 **Class 21** - 8:00pm	3 **Class 9** - 12:30pm **Class 23** - 6:30pm	4 **Class 14** - 7:00am **RD Mount** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	5 **Class 1** - 10:00am
7 **Class 15** - 7:00am **Class 5** - 11am **Class 3** - 8:00pm	8 **Class 16** - 12:30pm **Class 20** - 6:30pm	9 **Class 22** - 8:00pm	10 **Class 10** - 12:30pm **Class 1** - 6:30pm	11 **Class 16** - 7:00am **RD Side Mount** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	12 **Class 2** - 10:00am
14 **Class 17** - 7:00am **Class 6** - 11am **Class 4** - 8:00pm	15 **Class 17** - 12:30pm **Class 21** - 6:30pm	16 **Class 23** - 8:00pm	17 **Class 11** - 12:30pm **Class 2** - 6:30pm	18 **Class 18** - 7:00am **RD Standing** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	19 **Class 3** - 10:00am
21 **Class 19** - 7:00am **Class 7** - 11:00am **Class 5** - 8:00pm	22 **Class 18** - 12:30pm **Class 22** - 6:30pm	23 **Class 1** - 8:00pm	24 **GRACIE UNIVERSITY IS CLOSED FOR WINTER BREAK**	25	26
28	29	30	31	**January 1**	2
GRACIE UNIVERSITY IS CLOSED FOR WINTER BREAK					

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 techniques have been strategically divided into 23 one-hour classes, which can be completed in any order – no experience necessary!

Reflex Development Class (RD Class) & Master Cycle Fundamentals (MCF)

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! If you've earned your 3rd stripe, OR have attended 60+ classes, you can also attend the MCF classes to help prepare for your transition into Master Cycle.

Log-on & Boost Progress!

As a Gracie Combatives student, you qualify for a free subscription to GracieUniversity.com! Watch the lessons from any computer or mobile device to review past techniques or prepare for upcoming lessons! The corresponding videos for each class number are indicated in the parenthesis to the left.

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.

Bring a Friend to Class!

If you love the Gracie Combatives classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a free Gracie t-shirt just for helping us spread the word! See front desk for details.