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

October - November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 12 **Class 23** - 7:00am **Class 20** - 11:00am **Class 6** - 8:00pm	13 **Class 8** - 12:30pm **Class 12**- 6:30pm	14 **Class 14** - 8:00pm	15 **Class 3** - 12:30pm **Class 17** - 6:30pm	16 **Class 1** - 7:00am **RD Mount** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	17 **Class 18** - 10:00am
19 **Class 2** - 7:00am **Class 21** - 11am **Class 7**- 8:00pm	20 **Class 9**- 12:30pm **Class 13** - 6:30pm	21 **Class 15** - 8:00pm	22 **Class 4** - 12:30pm **Class 18**- 6:30pm	23 **Class 3** - 7:00am **RD Side Mount** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	24 **Class19** - 10:00am
26 **Class 4** - 7:00am **Class 22** - 11am **Class 8** - 8:00pm	27 **Class 10** - 12:30pm **Class 14** - 6:30pm	28 **Class 16** - 8:00pm	29 **Class 5** - 12:30pm **Class 19**- 6:30pm	30 **Class 5** - 7:00am **RD Standing** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	31 **Class 20** - 10:00am
November 2 **Class 6** - 7:00am **Class 23** - 11am **Class 9** - 8:00pm	3 **Class 11** - 12:30pm **Class 15** - 6:30pm	4 **Class 17** - 8:00pm	5 **Class 6** - 12:30pm **Class 20** - 6:30pm	6 **Class 7** - 7:00am **RD Guard** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	7 **Class 21** - 10:00am
9 **Class 8** - 7:00am **Class 1** - 11:00am **Class 10** - 8:00pm	10 **Class 12** - 12:30pm **Class 16** - 6:30pm	11 **Class 18** - 8:00pm	12 **Class 7** 12:30pm **Class 21** - 6:30pm	13 **Class 9** - 7:00am **RD Freestyle** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	14 **Class 22** - 10:00am
16 **Class 10** - 7:00am **Class 2** - 11:00am **Class 11** - 8:00pm	17 **Class 13** - 12:30pm **Class 17** - 6:30pm	18 **Class 19** - 8:00pm	19 **Class 8** - 12:30pm **Class 22** - 6:30pm	20 **Class 11** - 7:00am **RD Mount** - 11am/6:30pm **MCF Class** - 12pm/7:30pm	21 **Class 23** - 10:00am

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.