

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques
1	Trap and 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	Straight Armlock – 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 Armlock (GU 34)
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)

October - November 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 26 Class 15 – 12:00p Class 16 – 6:00p	27	28 Class 17 - 7:00p	29 Class 18 – 12:00p	30 Class 19 - 6:00p	31 Class 20 - 10:00a
November 2 Class 21 - 12:00p Class 22 – 6:00p	3	4 Class 23 - 7:00p	5 Class 1 – 12:00p	6 Class 2 - 6:00p	7 Class 3 - 6:00p
9 Class 4 - 12:00p Class 5 – 6:00p	10	11 Class 6 - 7:00p	12 Class 7 – 12:00p	13 Class 8 - 6:00p	14 Class 9 - 10:00a
16 Class 10 – 12:00p Class 11 – 6:00p	17	18 Class 12 - 7:00p	19 Class 13 – 12:00p	20 Class 14 - 6:00p	21 Class 15 - 10:00a
23 Class 16 – 12:00p Class 17 - 6:00p	24	25 Class 18 - 7:00p	26 Closed for Thanksgiving	27 Closed for Thanksgiving	28 Closed for Thanksgiving
30 Class 19 – 12:00p Class 20 - 6:00p	December 1	2 Class 21 - 7:00p	3 Class 22 – 12:00p	4 Class 23 - 6:00p	5 Class 1 - 10:00a

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 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student services representative.

Combatives Belt Qualification Test

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

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com.