

# GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 6)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)
6	<b>Straight Armlock – Mount</b> (GU 9) Guillotine Defense (GU 32)
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armlock (GU 34)
13	<b>Straight Armlock – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)
16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)
17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)
18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)
19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)
20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)
21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)
22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)
23	<b>Double Underhook Pass – Guard</b> (GU 36) Double Leg Takedown (Conservative) (GU 17)

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

January 2022					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 3 Class 16 - 11:00a Class 9 - 8:00p	4 Class 17 - 12:30p Class 10 - 6:30p	5 Class 11 - 8:00p Bring a Friend!	6 Class 18 - 12:30p Class 12 - 6:30p	7 RD Class - 11:00a RD Class - 6:30p Mount Focus	8 Class 19 - 10:00a Bring a Friend!
10 Class 20 - 11:00a Class 13 - 8:00p	11 Class 21 - 12:30p Class 14 - 6:30p	12 Class 15 - 8:00p Bring a Friend!	13 Class 22 - 12:30p Class 16 - 6:30p	14 RD Class - 11:00a RD Class - 6:30p Guard Focus	15 Class 23 - 10:00a Bring a Friend!
17 Class 1 - 11:00a Class 17 - 8:00p	18 Class 2 - 12:30p Class 18 - 6:30p	19 Class 19 - 8:00p Bring a Friend!	20 Class 3 - 12:30p Class 20 - 6:30p	21 RD Class - 11:00a RD Class - 6:30p Side Mount Focus	22 Class 4 - 10:00a Bring a Friend!
24 Class 5 - 11:00a Class 21 - 8:00p	25 Class 6 - 12:30p Class 22 - 6:30p	26 Class 23 - 8:00p Bring a Friend!	27 Class 7 - 12:00p Class 1 - 6:30p	28 RD Class - 11:00a RD Class - 6:30p Standing Focus	29 Class 8 - 10:00a Bring a Friend!
31 Class 9 - 11:00a Class 2 - 8:00p	February 1 Class 10 - 12:30p Class 3 - 6:30p	2 Class 4 - 8:00p Bring a Friend!	3 Class 11 - 12:30p Class 5 - 6:30p	4 RD Class - 11:00a RD Class - 6:30p Freestyle Focus	5 Class 12 - 10:00a Bring a Friend!
7 Class 13 - 11:00a Class 6 - 8:00p	8 Class 14 - 12:30p Class 7 - 6:30p	9 Class 8 - 8:00p Bring a Friend!	10 Class 15 - 12:30p Class 9 - 6:30p	11 RD Class - 11:00a RD Class - 6:30p Mount Focus	12 Class 16 - 10:00a Bring a Friend!

## 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.

## Reflex Development Class (RD Class)

Once you have attended each class, 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! 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.

## Gracie 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.