

GRACIE COMBATIVES®

23	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

Jan - Feb 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 5 Class 18 - 5:30p	6 Class 15 - 8:00p	7 Class 16 - 6:45p	8 Class 17 - 8:00p	9 REFLEX DEVELOPMENT CANCELED FOR GRACIE GAME DAY	10 Class 19 - 10:15a
12 Class 20 - 5:30p	13 Class 21 - 8:00p	14 Class 22 - 6:45p	15 Class 23 - 8:00p	16 RD Mount - 5:30p	17 Class 1 - 10:15a
19 Class 2 - 5:30p	20 Class 3 - 8:00p	21 Class 4 - 6:45p	22 Class 5 - 8:00p	23 RD Guard - 5:30p	24 Class 6 - 10:15a
26 Class 7 - 5:30p	27 Class 8 - 8:00p	28 Class 9 - 6:45p	29 Class 10 - 8:00p	30 RD Side Mount - 5:30p	31 Class 11 - 10:15a
Feb 2 Class 12 - 5:30p	3 Class 13 - 8:00p	4 Class 14 - 6:45p	5 Class 15 - 8:00p	6 RD Standing - 5:30p	7 Class 16 - 10:15a
9 Class 17 - 5:30p	10 Class 18 - 8:00p	11 Class 19 - 6:45p	12 Class 20 - 8:00p	13 RD Freestyle - 5:30p	14 Class 21 - 10:15a

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 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, so you can watch your lessons from any computer or mobile device. You also get access to our free GymDesk mobile app that allows you to track attendance on your “digital attendance card” and get 60-second class preview videos so you know what you’ll be learning in each class! If you have trouble accessing these benefits, please speak to a student services representative.

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.