

# GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	<b>Trap &amp; 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>Armbar – 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 Armbar (GU 34)
13	<b>Armbar – 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)

March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26 Class 22 – 5:45p	Feb 27 Class 23 – 7:30p	Feb 28 Class 1 - 6:45p Bring a Friend!	Feb 29 Class 2 - 8:00p	March 1 RD Mount - 5:30p	2 CLASS CANCELED FOR GRACIE GAME DAY
4 Class 3 – 5:45p	5 Class 4 – 7:30p	6 Class 5 - 6:45p Bring a Friend!	7 Class 6 - 8:00p	8 RD Guard - 5:30p	9 Class 7 - 10:15a Bring a Friend!
11 Class 8 – 5:45p	12 Class 9 – 7:30p	13 Class 10 - 6:45p Bring a Friend!	14 Class 11 - 8:00p	15 RD Side Mount - 5:30p	16 Class 8 - 10:15a Bring a Friend!
18 Class 12 – 5:45p	19 Class 13 – 7:30p	20 Class 14 - 6:45p Bring a Friend!	21 Class 15 - 8:00p	22 RD Standing - 5:30p	23 Class 9 - 10:15a Bring a Friend!
25 Class 16 – 5:45p	26 Class 17 – 7:30p	27 Class 18 - 6:45p Bring a Friend!	28 Class 19 - 8:00p	29 RD Freestyle - 5:30p	30 Class 10 - 10:15a Bring a Friend!
April 1 Class 20 – 5:45p	April 2 Class 21 – 7:30p	April 3 Class 22 - 6:45p Bring a Friend!	April 4 Class 23 - 8:00p	April 5 RD Mount - 5:30p	April 6 Class 11 - 10:15a 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 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. 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 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.

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

# GRACIE COMBATIVES

THE FASTEST WAY TO STREET READINESS

