

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 or 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)

Gracie Combatives®

www.graciestgeorge.com | 1478 S. 270 E. Suite 4A, St. George UT 84790
info@graciestgeorge.com | (435) 632-6491

DECEMBER 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOV 27 Class 20 - 5:45pm	NOV 28 Class 21 - 7:30pm Bring a Friend	NOV 29 Class 22 - 6:45pm	NOV 30 Class 23 - 8:00pm	DEC 1 RD Class 1 - 5:30pm	2 Class 18 - 10:15am
4 Class 1 - 5:45pm	5 Class 2 - 7:30pm Bring a Friend	6 Class 3 - 6:45pm	7 Class 4 - 8:00pm	8 RD Class 2 - 5:30pm	9 Class 19 - 10:15am
11 Class 5 - 5:45pm	12 Class 6 - 7:30pm Bring a Friend!	13 Class 7 - 6:45pm	14 Class 8 - 8:00pm	15 RD Class 3 - 5:30pm	16 Class 20 - 10:15am
18 Class 9 - 5:45pm	19 Class 10 - 7:30pm Bring a Friend!	20 FREE SIDE MOUNT DEEP DIVE SEMINAR (ALL BELTS) 5:30pm	21 Class 11 - 8:00pm	22 CLOSED FOR WINTER BREAK	23 CLOSED FOR WINTER BREAK
25 CHRISTMAS DAY! 	26 CLOSED FOR WINTER BREAK	27 CLOSED FOR WINTER BREAK	28 CLOSED FOR WINTER BREAK	29 CLOSED FOR WINTER BREAK	30 CLOSED FOR WINTER BREAK
JAN 1 NEW YEAR'S DAY! 	JAN 2 Class 12 - 7:30pm Bring a Friend!	JAN 3 Class 13 - 6:45pm	JAN 4 Class 14 - 8:00pm	JAN 5 RD Class 4 - 5:30pm	JAN 6 Class 21 - 10:15am

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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! (Coming Soon!)

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! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible 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. Please see the *Gracie Combatives Belt Qualification Requirements* handout for details.

www.GracieStGeorge.com 1478 S. 270 E., Suite 4A, St. George, UT 84790

info@GracieStGeorge.com (435) 632-6491