

# GRACIE COMBATIVES®

23	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)

December – January 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 23 WINTER BREAK	24 WINTER BREAK	25 MERRY CHRISTMAS	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK
30 WINTER BREAK	31 WINTER BREAK	Jan 1 WINTER BREAK	2 Class 10 - 8:00p	3 RD Standing - 5:30p	4 Class 11 - 10:15a
6 Class 10 - 7:00a Class 12 - 5:45p	7 Class 13 - 8:00p	8 Class 11 - 7:00a Class 14 - 6:45p	9 Class 15 - 8:00p	10 GRACIE GAME DAY	11 CLASS CANCELED WOMEN EMPOWERED SEMINAR 10 am
13 Class 12 - 7:00a Class 16 - 5:45p	14 Class 17 - 8:00p	15 Class 13 - 7:00a Class 18 - 6:45p	16 Class 19 - 8:00p	17 RD Freestyle - 5:30p	18 Class 20 - 10:15a
20 Class 14 - 7:00a Class 21 - 5:45p	21 Class 22 - 8:00p	22 Class 15 - 7:00a Class 23 - 6:45p	23 Class 1 - 8:00p	24 RD Mount - 5:30p	25 Class 2 - 10:15a
27 Class 16 - 7:00a Class 3 - 5:45p	28 Class 4 - 8:00p	29 Class 17 - 7:00a Class 5 - 6:45p	30 Class 6 - 8:00p	31 RD Guard- 5:30p	Feb 1 Class 7 - 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.

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