

# 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

May – June – July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 CLOSED FOR MEMORIAL DAY	27 Class 15 - 8:00p	28 Class 16 - 6:45p	29 Class 17 - 8:00p	30 RD Mount - 5:30p	31 Class 18 - 10:15a
Jun 2 Class 19 - 5:45p	3 Class 20 - 8:00p	4 Class 21 - 6:45p	5 Class 22 - 8:00p	6 RD Guard - 5:30p	7 Class 23 - 10:15a
9 Class 1 - 5:45p	10 Class 2 - 8:00p	11 Class 3 - 6:45p	12 Class 4 - 8:00p	13 RD Side Mount - 5:30p	14 Class 5 - 10:15a
16 Class 6 - 5:45p	17 Class 7 - 8:00p	18 Class 8 - 6:45p	19 Class 9 - 8:00p	20 RD Standing - 5:30p	21 Class 10 - 10:15a
23 Class 11 - 5:45p	24 Class 12 - 8:00p	25 Class 13 - 6:45p	26 Class 14 - 8:00p	27 RD Freestyle - 5:30p	28 Class 15 - 10:15a
30 Class 16 - 5:45p	Jul 1 Class 17 - 8:00p	2 Class 18 - 6:45p	3 Class 19 - 8:00p	4 RD Mount - 5:30p	5 Class 20 - 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.