Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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 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)

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

October - November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 **Class 2**– 7p	21 **Class 3**– 7:30p	22 **Class 4** – 7:30p **No-gi Fight Sim – 8:30p**	23 **Reflex Development** (Standing) – 6p **MC Fundamentals** 7p (Self Defense)	24 **Class 5** – 6p	25 **Class 6** - 10a
27 **Class 7**– 7p	28 **Class 8** – 7:30p	29 **Class 9** – 7:30p **No-gi Fight Sim – 8:30p**	30 **Reflex Development** (Mount) – 6p **MC Fundamentals** 7p (Mount)	31 **Class 10** – 6p	**NOV 1** **Class 11** - 10a
3 **Class 12** – 7p	4 **Class 13** – 7:30p	5 **Class 14** – 7:30p **No-gi Fight Sim – 8:30p**	6 **Reflex Development** (Guard)– 6p **MC Fundamentals** 7p (Side Mount)	7 **Class 15** – 6p	8 **Class 16** - 10a
10 **Class 17** – 7p	11 **Class 18** – 7:30p	12 **Class 19**– 7:30p **No-gi Fight Sim – 8:30p**	13 **Reflex Development** (Side Mount) – 6p **MC Fundamentals** 7p (Guard)	14 **Class 20** – 6p	15 **Class 21** - 10a
17 **Class 22**– 7p	18 **Class 23** – 7:30p	19 **Class 1** – 7:30p **No-gi Fight Sim – 8:30p**	20 **Reflex Development** (Standing)– 6p **MC Fundamentals** 7p (Half Guard)	21 **Class 2** – 6p	22 **Class 3** - 10a
24 **Class 4** – 7p	25 **Class 5** – 7:30p	26 **Class 6** – 7:30p **No-gi Fight Sim – 8:30p**	27 **CLOSED THANKSGIVING HOLIDAY**	28 **CLOSED THANKSGIVING HOLIDAY**	29 **CLOSED THANKSGIVING HOLIDAY**

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, Fight Simulation Classes, and Master Cycle (RD, FS, & MC Class)
Once you have attended each class twice, you qualify to attend the RD & FS Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level! Gloves and a rashguard are required to participate in FS. If you have 3 stripes or more you qualify to attend MC Fundamentals.

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! If you have trouble accessing your lessons online, please speak to a Gracie University 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.

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