23 Classes	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

GRACIE COMBATIVES®

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 6 – 6:30p		4 Class 7 – 6:30p	5 RD Standing 6:00p *Prerequisite 2 stripes and 2 class columns	6 MC Fundamentals: 6:00p *Prerequisite 3stripes +	7 Class 8 – 10:00a
9 Class 9 – 6:30p		11 Class 10 – 6:30p	12 RD Freestyle 6:00p *Prerequisite 2 stripes and 2 class columns	13 MC Fundamentals: 6:00p *Prerequisite 3stripes +	14 Class 11 – 10:00a
16 Class 12 – 6:30p		18 Class 13 – 6:30p	19 RD Mount 6:00p *Prerequisite 2 stripes and 2 class columns	20 MC Fundamentals: 6:00p *Prerequisite 3stripes +	21 Class 14 – 10:00a
23 Class 15 – 6:30p		25 **CLOSED – Day Before Thanksgiving**	26 **CLOSED – Happy Thanksgiving!**	27 **CLOSED – Black Friday**	28 **CLOSED – Black Friday Weekend**
30 Class 16 – 6:30p					

Closed Wednesday, Nov 25 through Sunday, Nov 29 for Thanksgiving. Classes resume Monday, Nov 30.

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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 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.