

GRACIE COMBATIVES®

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

www.GracieUniversity.com | 2440 W Carson St.
Torrance, CA 90501 | (310) 893-0400

July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Class 15 – 7:00 pm	2 Class 13 – 6:00 pm	3 RD Standing – 6:00p Class 16 – 7:00 pm	4 4 th of July Weekend CLOSED	5 4 th of July Weekend CLOSED
7 Class 14 - 6:00 pm	8 Class 17 – 7:00 pm	9 Class 15 – 6:00 pm	10 RD Freestyle – 6:00 pm Class 18 – 7:00pm	11 MC Fundamentals *Minimum: white belt w/ 3 stripes and above 6PM	12 Class 16 - 10:00 am
14 Class 6 - 6:00 pm	15 Class 19 – 7:00 pm	16 Class 7 - 6:00 pm	17 RD Mount – 6:00 pm Class 20 – 7:00 pm	18 Class Cancelled	19 Class 8 - 10:00 am
21 Class 9 – 6:00 pm	22 Class 21 – 7:00 pm	23 Class 10 - 6:00 pm	24 RD Guard – 6:00 pm Class 22 – 7:00 pm	25 MC Fundamentals *Minimum: white belt w/ 3 stripes and above 6PM	26 Class 11 - 10:00 am
28 Class 12 - 6:00 pm	29 Class 23 – 7:00 pm	30 Class 13 – 6:00 pm	31 RD Side Mount – 6:00 pm Class 1 – 7:00 pm		

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

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