

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

July / August 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/30 Class 5 – 6:15p	7/1 Class 8 - 12:00p Class 6 - 7:15p Bring a Friend!	2 Class 7 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Standing	3 Class 9 - 12:00p Class 8 - 6:15p RD Guard -1:00p RD Side Mount -7:30p	4 Happy 4th of July!	5 CLOSED 4th Of JULY WEEKEND
7 Class 9 – 6:15p	8 Class 10 - 12:00p Class 10 - 7:15p Bring a Friend!	9 Class 11 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Mount	10 Class 11 - 12:00p Class 12 - 6:15p RD Side Mount -1:00p RD Standing -7:30p	11	12 Class 18 - 11:15a Test Prep Open Mat (4+ stripes) Sun 13 @ 10:00a
14 Class 13 – 6:15p	15 Class 12 - 12:00p Class 14 - 7:15p Bring a Friend!	16 Class 15 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Side Mount	17 Class 13 - 12:00p Class 16 - 6:15p RD Standing -1:00p RD Freestyle -7:30p	18	19 Class 19 - 11:15a
21 Class 17 – 6:15p	22 Class 14 - 12:00p Class 18 - 7:15p Bring a Friend!	23 Class 19 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Guard	24 Class 15 - 12:00p Class 20 - 6:15p RD Freestyle -1:00p RD Mount -7:30p	25	26 Class 20 - 11:15a Test Prep Open Mat (4+ stripes) Sun 27 @ 10:00a
28 Class 21 – 6:15p	29 Class 16 - 12:00p Class 22 - 7:15p Bring a Friend!	30 Class 23 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Half Guard	31 Class 17 - 12:00p Class 1 - 6:15p RD Mount -1:00p RD Guard -7:30p	8/1	8/2 Class 21 - 11:15a
8/4 Class 2 – 6:15p	8/5 Class 18 - 12:00p Class 3 - 7:15p Bring a Friend!	8/6 Class 4 - 6:15p Bring a Friend! MC Fun.* – ½ Gd. - 7:30p Back Mount	8/7 Class 19 - 12:00p Class 5 - 6:15p RD Guard -1:00p RD Side Mount -7:30p	8/8	8/9 Class 22 - 11:15a

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!

Master Cycle Fundamentals (MCF) - Open to 3-Stripes & Up!

MCF classes help Gracie Combatives students (3 stripes+) transition smoothly into the Master Cycle. Learn advanced fundamentals, sharpen skills with positional sparring, and build connections with future training partners. While recommended, attendance is optional-your Gracie Combatives path stays the same.

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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, 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.