

# GRACIE COMBATIVES®

| 23 Classes | 36 Essential Techniques   |
|------------|---|
| 1          | Trap & Roll Escape – Mount (GU 1)*<br>Leg Hook Takedown (GU 6)                      |
| 2          | Americana Armlock – Mount (GU 2)<br>Clinch (Aggressive Opponent) (GU 7)             |
| 3          | Positional Control – Mount (GU 3)<br>Body Fold Takedown (GU 14)                     |
| 4          | Take the Back + R.N.C. – Mount (GU 4 + 5)<br>Clinch (Conservative Opponent) (GU 15) |
| 5          | Punch Block Series (1-4) – Guard (GU 8)<br>Guillotine Choke (Standing) (GU 23)      |
| 6          | Armbar – Mount (GU 9)<br>Guillotine Defense (GU 32)                                 |
| 7          | Triangle Choke – Guard (GU 10)<br>Haymaker Punch Defense (GU 30)                    |
| 8          | Elevator Sweep – Guard (GU 11)<br>Rear Takedown (GU 29)                             |
| 9          | Elbow Escape – Mount (GU 12)<br>Pull Guard (GU 21)                                  |
| 10         | Positional Control – Side Mount (GU 13)<br>Double Leg Takedown (Aggressive) (GU 17) |
| 11         | Headlock Counters – Mount (GU 16)<br>Standing Headlock Defense (GU 26)              |
| 12         | Headlock Escape 1 – Side Mount (GU 18)<br>Standing Armbar (GU 34)                   |
| 13         | Armbar – Guard (GU 19)<br>Clinch (Aggressive Opponent) (GU 7)                       |
| 14         | Double Ankle Sweep – Guard (GU 20)<br>Guillotine Choke (Guard Pull) (GU 23)         |
| 15         | Headlock Escape 2 – Side Mount (GU 22)<br>Clinch (Conservative Opponent) (GU 15)    |
| 16         | Shrimp Escape – Side Mount (GU 24)<br>Body Fold Takedown (GU 14)                    |
| 17         | Kimura Armlock – Guard (GU 25)<br>Leg Hook Takedown (GU 6)                          |
| 18         | Punch Block Series (5) – Guard (GU 27)<br>Haymaker Punch Defense (GU 30)            |
| 19         | Hook Sweep – Guard (GU 28)<br>Guillotine Defense (GU 32)                            |
| 20         | Take the Back – Guard (GU 31)<br>Standing Headlock Defense (GU 26)                  |
| 21         | Elbow Escape – Side Mount (GU 33)<br>Pull Guard (GU 21)                             |
| 22         | Twisting Arm Control – Mount (GU 35)<br>Rear Takedown (GU 29)                       |
| 23         | Double Underhook Pass – Guard (GU 36)<br>Double Leg Takedown (Conservative) (GU 17) |

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

| May 2026 (Mount Focus)          |                          |  |          |        |  |
|---------------------------------|--------------------------|--|----------|--------|--|
| Monday                          | Tuesday                  | Wednesday                                  | Thursday | Friday | Saturday   |
| 27<br>Class 5 – 6:10pm          | 28<br>Open Mat – 10:00am | 29<br>Class 6 – 6:10pm<br>Bring a Friend!  | 30       | 1      | Gracie Game Day<br>Open Mat – 8:00am<br>RD Class – 9:00am<br>Mount Focus |
| 4<br>Class 7 – 6:10pm           | 5<br>Open Mat – 10:00am  | 6<br>Class 8 – 6:10pm<br>Bring a Friend!   | 7        | 8      | 9<br>Open Mat – 8:00am<br>RD Class – 9:00am<br>Guard Focus               |
| 11<br>Class 9 – 6:10pm          | 12<br>Open Mat – 10:00am | 13<br>Class 10 – 6:10pm<br>Bring a Friend! | 14       | 15     | 16<br>Open Mat – 8:00am<br>RD Class – 9:00am<br>Side Mount Focus         |
| 18<br>Class 11 – 6:10pm         | 19<br>Open Mat – 10:00am | 20<br>Class 12 – 6:10pm<br>Bring a Friend! | 21       | 22     | 23<br>Open Mat – 8:00am<br>RD Class – 9:00am<br>Standing Focus           |
| 25<br>Memorial Day - No Classes | 26<br>Open Mat – 10:00am | 27<br>Class 13 – 6:10pm<br>Bring a Friend! | 28       | 29     | 30<br>Adult & Youth Summer<br>Belt Ceremony                              |
| 1<br>Class 14 – 6:10pm          | 2<br>Open Mat – 10:00am  | 3<br>Class 15 – 6:10pm<br>Bring a Friend!  | 4        | 5      | 6<br>Open Mat – 8:00am<br>RD Class – 9:00am<br>Freestyle Focus           |

### 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. 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. 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.

# MASTER CYCLE - Back Mount

| WEEK OF        | POSITIONAL CHAPTER FOCUS | FIGHT SIMULATION DAY | FUNDAMENTALS FOCUS |
|----------------|--------------------------|----------------------|--------------------|
| May 4th-6th    | Bottom Half Guard        |                      |                    |
| May 11th-13th  | Bottom & Top Half Guard  |                      |                    |
| May 18th- 20th | Top Half Guard           |                      |                    |
| May 26th- 27th | Review                   |                      |                    |

## MASTER CYCLE WEEKLY SCHEDULE

| MONDAY                          | TUESDAY                       | WEDNESDAY                      | THURSDAY  | FRIDAY | SATURDAY   |
|---------------------------------|-------------------------------|--------------------------------|---|--------|--|
|                                 |                               |                                |   |        | 8:00a-9:00a<br>Open Mat  |
| 11:00p – 12:00p<br>MC Technique |                               | 11:00p –12:00p<br>MC Technique |   |        | 9:00a-10:00a<br>Reflex Development<br><b>(1 MC Class Credit)</b> |
| 12:00pm – 12:30p<br>MC Sparring |                               | 12:00p –12:30p<br>MC Sparring  |   |        |  |
|                                 |                               |                                |   |        |  |
|                                 | 6:10p – 7:10p<br>MC Technique |                                | 6:10p – 7:10p<br>Open Mat<br><b>(1 MC Class Credit)</b> |        |  |
|                                 | 7:10p – 7:40p<br>MC Sparring  |                                |   |        |  |

\*Class schedule subject to change based on holidays and special events.

• Training Attire: Only white Gracie University gis permitted. For no-gi classes, please wear a Gracie University dry fit t-shirt or rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.

• MC Fundamentals: If you're new to the Master Cycle or you simply want to sharpen your fundamentals, these Master Cycle classes are for you! Each week we focus on the core offensive and defensive objectives from a