

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

March 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 12 – 6:10pm	3 Open Mat – 10:00am	4 Class 13 – 6:10pm	5	6	7 Open Mat – 8:00am RD Class – 9:00am Testing Drills (2 & 4)
9 Class 14 – 6:10pm	10 Open Mat – 10:00am	11 Class 15 – 6:10pm Bring a Friend!	12	13	14 Open Mat – 8:00am RD Class – 9:00am Guard focus
16 Class 16 – 6:10pm	17 Open Mat – 10:00am	18 Class 17 – 6:10pm Bring a Friend!	19	20	21 Open Mat – 8:00am RD Class – 9:00am Side Mount Focus FREE Gracie Jiu-Jitsu 101 Self-Defense Seminar 11:30a-1:30p
23 Class 18 – 6:10pm	24 Open Mat – 10:00am	25 Class 19 – 6:10pm Bring a Friend!	26	27	28 Open Mat – 8:00am RD Class – 9:00am Standing Focus
30 Class 20 – 6:10pm	31 Open Mat – 10:00am	1 Class 21 – 6:10pm Bring a Friend!	2	3	4 Open Mat – 8:00am RD Class – 9:00am Freestyle
6 Class 22 – 6:10pm	7 Open Mat – 10:00am	8 Class 23 – 6:10pm Bring a Friend!	9	10	11 Open Mat – 8:00am RD Class – 9:00am Testing Drills (1 & 3)

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 - Guard

WEEK OF	POSITIONAL CHAPTER FOCUS	FIGHT SIMULATION DAY	FUNDAMENTALS FOCUS
March 2nd -5th	Control/Submission		
March 9th-12th	Control/Submission		
March 16th-19th	Sweeps/Passing		
March 23rd- 26th	Sweeps/Passing		

MASTER CYCLE WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00a-9:00a Open Mat
11:00p – 12:00p MC Technique		11:00p –12:00p MC Technique			
12:00pm – 12:30p MC Sparring		12:00p –12:30p MC Sparring			
	6:10p – 7:10p MC Technique		6:10p – 7:10p Open Mat		
	7:10p – 7:40p MC Sparring				

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

• Training Attire: Only white Gracie University gi's 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