

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

September 2025 – Specific: Elbow Escape					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Labor Day No Class	2 Open Mat – 10:00am Class 8 – 11:00am	3 Class 14– 6:10pm Bring a Friend!	4 Class 9 – 11:00am RD Class- 6:10pm Side Mount Focus	5	6 Open Mat – 8:00am RD Class – 9:00am Standing Focus
8 Class 15 – 6:10pm	9 Open Mat – 10:00am Class 10– 11:00am	10 Class 16– 6:10pm Bring a Friend!	11 Class 11– 11:00am RD Class- 6:10pm Freestyle Focus	12	13 Open Mat – 8:00am RD Class – 9:00am Testing Drills 1 & 3
15 Class 17 – 6:10pm	16 Open Mat – 10:00am Class 12– 11:00am	17 Class 18– 6:10pm Bring a Friend!	18 Class 13– 11:00am RD Class- 6:10pm Testing Drills 2 & 4	19	20 Open Mat – 8:00am RD Class – 9:00am Mount Focus
22 Class 19 – 6:10pm	23 Open Mat – 10:00am Class 14– 11:00am	24 Class 20– 6:10pm Bring a Friend!	25 Class 15 – 11:00am RD Class- 6:10pm Guard Focus	26	27 Open Mat – 8:00am RD Class – 9:00am Side Mount Focus
29 Class 21– 6:10pm	30 Open Mat – 10:00am Class 16– 11:00am	1 Class 22 – 6:10pm Bring a Friend!	2 Class 17 – 11:00am RD Class- 6:10pm Standing Focus	3	4 Open Mat – 8:00am RD Class – 9:00am Freestyle Focus
6 Class 23 – 6:10pm	7 Open Mat – 10:00am Class 18 – 11:00am	8 Class 1 – 6:10pm Bring a Friend!	9 Class 19 – 11:00am RD Class- 6:10pm Testing Drills 1 & 3	10	11 Open Mat – 8:00am RD Class – 9:00am Testing Drills 2 & 4

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.

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.

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sept 2-4	Passes & Controls		
Sept 8 th -11 th	Submissions & Sweeps		
Sept 15 th – 18 th	Passes & Controls		
Sept 22 nd -25 th	Submissions & Sweeps		
Sept 29 th -2 nd	Reviews		

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00a-12:00p		11:00a-12:00p			
12:00p-12:30		12:00p-12:30			
	6:10a-7:10p				
	7:10p-8:40				

*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 different position to help you with the transition from Gracie Combatives into the Master Cycle. During the sparring portion, we teach training etiquette and clarify the goals from each position to help build your comfort and confidence with free rolling.
- **Fight Simulation:** In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have 5.5oz. sparring gloves and a mouthguard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes every month. Student safety and collaboration is the top priority in this class.
- **MC Stripe Promotions:** Stripe promotions from blue to black belt are based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.