

GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap and 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	Straight Armlock – 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 Armlock (GU 34)
13	Straight Armlock – 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)

Gracie Combatives Belt Qualification Test

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

March, 2023					
Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
		1 RD – 9:30a (Guard) Class 18 - Noon Class 19 – 7:30p	2 Class 20- 6:30p	4 Class 21 - 8:45a Bring a friend to class and get a FREE_T-SHIRT!	5 Class 22- 1:00p RD - 2:00p (Guard)
6 Class 23 – 8:30a Class 1 – 7:30p	7 Class 2- 9:30a Class 3 - 6:30p	8 RD – 9:30a (Side Mount) Jean Vandesteene Seminar – 6:30p	9 Class 4- 6:30p	11 Class 5 - 8:45a Bring a friend to class and get a FREE_T-SHIRT!	12 Class 6 - 1:00p RD-2:00p (Side Mount)
13 Class 7 – 8:30a Class 8 – 7:30p	14 Class 9 – 9:30a Class 10 - 6:30p	15 RD – 9:30a (Standing) Class 11 - Noon Class 12 – 7:30p	16 Class 13- 6:30p	18 Class 14 - 8:45a Bring a friend to class and get a FREE_T-SHIRT!	19 Gracie Jiu-Jitsu 101 Seminar 1p-3p
20 Class 15 – 8:30a Class 16 – 7:30p	21 Class 17- 9:30a Class 18 - 6:30p	22 RD – 9:30a (Mount) Class 19 - Noon Class 20 – 7:30p	23 Class 21- 6:30p	25 Class 22 - 8:45a Bring a friend to class and get a FREE_T-SHIRT!	26 Class 23 - 1:00p RD-2:00p (Mount)
27 Class 1 – 8:30a Class 2 – 7:30p	28 Class 3 - 9:30a Class 4 - 6:30p	29 RD – 9:30a (Guard) Class 5 - Noon Class 6 – 7:30p	30 Class 7- 6:30p		

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 complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.