GRACIE COMBATIVES[®]

1Leg Hook Takedown (GU 6)12442Americana Amulock – Mount (GU 7)11 $RD - 9:30a$ (Guard) (Class 18 - Noon (Class 18 - Noon (Class 19 - 7:30p)2Class 21 - 6:30p43Body Fold Takedown (GU 14)667Class 2 - 9:30a (Class 19 - 7:30p)2Class 2 - 9:30a (Class 2 - 7:30p)94Take the Back + R.N.C. – Mount (GU 9) Guilotine Choke (Standing) (GU 23)67Class 2 - 9:30a (Class 2 - 9:30a (Class 3 - 6:30p)9115Punch Block Series (1-4) – Guard (GU 9) Guilotine Choke (Standing) (GU 23)67Class 2 - 9:30a (Class 3 - 6:30p)89Class 4 - 6:30p116Straight Amilock – Mount (GU 10) Haymaker Punch Defense (GU 30)131415RD - 9:30a (Side Mount) (Class 1 - 6:30p)9169Elevator Sweep – Guard (GU 11) Political Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)1314Class 10 - 6:30p15RD - 9:30a (Class 1 - 7:30p)Class 15 - 6:30p16Class 14 - Noon Class 12 - 7:30p1611Headlock Defense (GU 26)202122Class 15 - 6:30p212222Class 21 - 6:30p2312Headlock Defense (GU 26)202122Class 15 - 6:30p212222Class 21 - 6:30p232313Straight Armilock - Guard (GU 18) Standing Armilock (GU 34)GU 16)Class 15 - 6:30pClass 17 - 9:30a Class 15 - 7:30p <t< th=""><th></th><th></th></t<>		
2Clinch (Aggressive Opponent) [GU 7]RD - 9:30a (Guard) Class 18 - Noon Class 18 - Noon Class 18 - Noon Class 20 - 6:30pClass 21 class 21 class 21 class 21 	urday Su	unday
3 Body Fold Takedown (GU 14) Class 19 - 7;30p Class and FREE_T- 4 Take the Back + R.N.C Mount (GU 45) Clinch (Conservative Opponent) (GU 15) Free Class 19 - 7;30p Class and FREE_T- 5 Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23) Free Class 23 - 8:30a B B P 9 Class 4 - 6:30p FREE_T- 6 Straight Armock - Mount (GU 10) Haymaker Punch Defense (GU 30) FREE_T- Free Class 3 - 6:30p B P 9 Class 4 - 6:30p B 7 Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) FREE_T- FREE_T- FREE_T- B P Class 14 FREE_T- FREE_T- B Class 14 Bring a 1 Class 17 - 9:30a Class 14 B FREE_T- Bring a 1 Class 14 B B B FREE_T- B B P Standing P Class 14 B B B Class 14 B B	- 8:45a 5 Class 22-	- 1:00p
4 Clinch (Conservative Opponent) (GU 15)	d get a	RD - 2:00p (Guard
5Guillotine Choke (Standing) (GU 23)6Guillotine Choke (Standing) (GU 23)7Tiage Choke - Guard (GU 10) (GU 32)7Class 23 - 8:30a (Class 1 - 7:30p)7Guils 22 - 9:30a (Class 3 - 6:30p)899Guils 4 - 6:30p)9Guils 5 - Bring a f (Class 5 - Bring a f (Class 5 - Bring a f (Class 5 - Bring a f 	SHIRT!	
6Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32)Class 1 - 7:30pClass 3 - 6:30pMount) Jean Vandesteen Seminar - 6:30pBring a f dass and FREE_T-7Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)13Class 1 - 7:30pClass 3 - 6:30pMount) Jean Vandesteen Seminar - 6:30pBring a f dass and FREE_T-8Rear Takedown (GU 29)13141516189Elbow Escape - Mount (GU 12) Pull Guard (GU 21)1314Class 10 - 6:30pClass 10 - 9:30a (Standing) Class 11 - Noon Class 12 - 7:30p161810Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)202122Class 11 - Noon Class 12 - 7:30pClass 12 - 7:30pClass 12 - 7:30pClass 2211Headlock Escape 1 - Side Mount (GU 18) Standing Headlock Becape 1 - Side Mount (GU 18) Clinch (Aggressive Opponent) (GU 7)202122Class 10 - 6:30pClass 10 - 7:30pClass 20 - 7:30pClass 21 - 6:30pClass 20 - 7:30p13Straight Armlock - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)27282930Class 5 - Noon Class 6 - 7:30p30Class 7 - 6:30pClass 7 - 6:30p16Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)Class 10 - 6:30pClass 4 - 6:30pClass 5 - Noon Class 5 - Noon Class 6 - 7:30pClass 7 - 6:30p	12 8:45a Class 6 -	12 Class 6 - 1:00p
7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)FREE_T-8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)13141516189Elbow Escape – Mount (GU 12) Pull Guard (GU 21)13141516Class 1410Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)1314Class 9 – 9:30a Class 10 - 6:30p1618Class 1411Headlock Conters – Mount (GU 16) Standing Hadlock Defense (GU 26)20212223Class 21 – 6:30p2512Headlock Counters – Mount (GU 18) 	friend to RD-2:00	
8Rear Takedown (GU 29)13141516189Elbow Escape – Mount (GU 12) Pull Guard (GU 21)13Class 7 - 8:30a Class 8 - 7:30p14Class 9 - 9:30a (Standing) Class 11 - Noon Class 12 - 7:30p16Class 13 - 6:30pRbing a fill Class 13 - 6:30p10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters - Mount (GU 16) Standing Armlock (GU 34)2021Class 17 - 9:30a Class 15 - 8:30a Class 16 - 7:30p2223Class 21 - 6:30pElse11Headlock Escape 1 - Side Mount (GU 18) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)202122RD - 9:30a (Mount) Class 19 - Noon Class 20 - 7:30pClass 21 - 6:30pElse		
9Pull Guard (GU 21)Class 1 - 5:30pClass 10 - 6:30p(Standing) Class 11 - Noon Class 11 - Noon Class 12 - 7:30pBring a f class and FREE_T-10Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)(Class 8 - 7:30pClass 10 - 6:30p(Standing) Class 11 - Noon Class 12 - 7:30pBring a f class and FREE_T-11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)20212223Class 21 - 6:30pClass 21 - 6:30pClass 21 - 6:30pClass 21 - 6:30pElses 2212Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)2021Class 15 - 8:30a Class 16 - 7:30p212223Class 21 - 6:30pClass 21 - 6:30pElses 31 - 6:30p13Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)(GU 20) Guillotine Choke (Guard Pull) (GU 23)272829RD - 9:30a (Mount) Class 20 - 7:30pClass 7 - 6:30pFREE_T-14Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)2728Class 3 - 9:30a Class 2 - 7:30p3015Headlock Escape 2 - Side Mount (GU 24) Body Fold Takedown (GU 14)Clu 25)Class 2 - 7:30p29RD - 9:30a (Guard) Class 5 - Noon Class 6 - 7:30pClass 7 - 6:30p16Shrimp Escape - Side Mount (GU 25)Class 2 - 7:30pClass 4 - 6:30pClass 6 - 7:30pClass 7 - 6:30p16Shrimp Land (GU 15)Class 1 - 8:30a Class 6 - 7:30pClass 6 - 7:30pClass 6 - 7:30pCl	19	19 Gracie Jiu-Jitsu 10 Seminar 1p-3p
10Double Leg Takedown (Aggressive) (GU 17)Class 12 - 7:30pFREE_T-11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)202122232512Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)2021Class 17- 9:30a20212213Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)Class 16 - 7:30p212223Class 21- 6:30pBring a fill14Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)27282930Class 7 - 9:30a (Guard) Class 2 - 7:30p3016Shrimp Escape - Side Mount (GU 14) Body Fold Takedown (GU 14)27282930Class 7 - 6:30p16Shrimp Escape - Side Mount (GU 24) 	friend to Seminar	
11Standing Headlock Defense (GU 26)12Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)13Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)15Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)16Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)		
12 Standing Armlock (GU 34) Class 15 - 8:30a Class 17 - 9:30a RD - 9:30a (Mount) Class 21 - 6:30p Bring af 13 Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Class 16 - 7:30p Class 18 - 6:30p Class 19 - Noon Class 20 - 7:30p Bring af 14 Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Class 1 - 8:30a Class 3 - 9:30a Class 20 - 7:30p Shring Escape - Side Mount (GU 22) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) 27 28 29 30 Class 5 - Noon Class 5 - Noon Class 5 - Noon Class 7 - 6:30p Class 6 - 7:30p Class 7 - 6:30p Class 6 - 7:30p </td <td>26</td> <td rowspan="3">26 Class 23 - 1:00p RD-2:00p (Mount)</td>	26	26 Class 23 - 1:00p RD-2:00p (Mount)
13 Clinch (Aggressive Opponent) (GU 7) Class 20 - 7:30p Class 3 and FREE_T- 14 Double Ankle Sweep - Guard (GU 20) FREE_T- Class 20 - 7:30p Class 3 and FREE_T- 15 Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) 27 28 29 30 16 Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Class 1 - 8:30a Class 3 - 9:30a Class 5 - Noon Class 5 - Noon Kimura Armlock - Guard (GU 25) Kimura Armlock - Guard (GU 25) Class 2 - 7:30p Class 4 - 6:30p Class 6 - 7:30p Class 7 - 6:30p		
14 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) Kimura Armlock - Guard (GU 15)	d get a	
15 Headlock Escape 2 - Side Modult (G0 22) Clinch (Conservative Opponent) (GU 15) Class 1 - 8:30a Class 2 - 7:30p Class 3 - 9:30a Class 4 - 6:30p RD - 9:30a (Guard) Class 5 - Noon Class 6 - 7:30p Class 7 - 6:30p 16 Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Class 1 - 8:30a Class 2 - 7:30p Class 3 - 9:30a Class 6 - 7:30p Class 7 - 6:30p		
16 Body Fold Takedown (GU 14) Class 6 - 7:30p Kimura Armlock - Guard (GU 25)		
A RIMURA ARMIOCK – GUARD (GU 25)		
17 Leg Hook Takedown (GU 6) 20 Punch Block Series (5) – Guard (GU 27) Street Readiness in 23 Classes!		
18 Punch Block Series (5) – Guard (GO 27) Haymaker Punch Defense (GU 30) The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques in the <i>Gracie Combatives</i> program are the most important techniques program are the techniques program are techniques prog		gically
19 Guillotine Defense (GU 32) Reflex Development Class (RD Class)		
20 Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced correflexes and boost your confidence to the next level! 21 Elbow Escape – Side Mount (GU 33)	mbinations that will sharpe	en your
21 Public Guard (GU 21) Log-on & Boost Progress! 23 Twisting Arm Control – Mount (GU 35) As a student of the <i>Gracie Combatives</i> program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning and the student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com.		

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.

Gracie Combatives Belt Qualification Test

Double Underhook Pass – Guard (GU 36)

Double Leg Takedown (Conservative) (GU 17)

Rear Takedown (GU 29)

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