

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

July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30 – July 5 CLOSED FOR 4 TH of JULY HOLIDAY					
7 Class 20 - 6:00p	8 Class 15 - 11:00a Class 21 - 6:00p	9 Class 16 - 11:00a	10 Class 22 - 6:00p	11 Class 17 - 11:00a	12 Class 18 - 11:00a RD: Freestyle 12:00p
14 Class 23 - 6:00p	15 Class 19 - 11:00a Class 1 - 6:00p	16 Class 20 - 11:00a	17 Class 2 - 6:00p	18 Class 21 - 11:00a	19 Class 22 - 11:00a RD: Mount 12:00p
21 Class 3 - 6:00p	22 Class 23 - 11:00a Class 4 - 6:00p	23 Class 1 - 11:00a	24 Class 5 - 6:00p	25 Class 2 - 11:00a	26 Class 3 - 11:00a RD: Guard 12:00p
28 Class 6 - 6:00p	29 Class 4 - 11:00a Class 7 - 6:00p	30 Class 5 - 11:00a	31 Class 8 - 6:00p	Aug 1 Class 6 - 11:00a	2 Class 7 - 11:00a RD: Side Mount 12:00p

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, so you can watch your lessons from any computer or mobile device. To optimize learning, use your online access to review past techniques or prepare for an upcoming lesson 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 these benefits, please speak to one of our coaches.

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.