

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)

March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Class 8 – 11:00a Class 13 – 6:00p	27 Class 14 – 6:00p	28 Class 9 – 11:00a RD FREESTYLE – 7:00p	29 Class 15 – 6:00p	March 1 Class 10 – 11:00a	2 Class 11 – 11:00 a Bring a Friend! RD SIDE MOUNT – 12:00p
4 Class 12 – 11:00a Class 16 – 6:00p	5 Class 17 – 6:00p	6 Class 13 – 11:00a RD MOUNT – 7:00p	7 Class 18 – 6:00p	8 Class 14 – 11:00a	9 Class 15 – 11:00a Bring a Friend! RD STANDING – 12:00p
11 Class 16 – 11:00a Class 19 – 6:00p	12 Class 20 – 6:00p	13 Class 17 – 11:00a RD GUARD – 7:00p	14 Class 21 – 6:00p	15 Class 18 – 11:00a	16 Class 19 – 11:00a Bring a Friend! RD FREESTYLE – 12:00p
18 Class 20 – 11:00a Class 22 – 6:00p	19 Class 23 – 6:00p	20 Class 21 – 11:00a RD SIDE MOUNT – 7:00p	21 Class 1 – 6:00p	22 Class 22 – 11:00a	23 Class 23 – 11:00a Bring a Friend! RD MOUNT – 12:00p
25 Class 1 – 11:00a Class 2 – 6:00p	26 Class 3 – 6:00p	27 Class 2 – 11:00a RD STANDING – 7:00p	28 Class 4 – 6:00p	29 Class 3 – 11:00a	30 Class 4 – 11:00a Bring a Friend! RD GUARD – 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. 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.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

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