

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 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Class 20 - 11:00am Class 4 - 6:00pm	29 Class 5 – 7:00am Class 5 - 6:00pm	30 Class 21 – 11:00am RD SIDE MOUNT – 7:00pm	31 Class 6 – 7:00am Class 6 - 6:00pm	September 1 Class 22 - 11:00am Class 7 – 6:00pm	2 Class 2 - 11:00am Bring a Friend! RD STANDING – 12:00pm
4 Class 23 - 11:00am Class 8 - 6:00pm LABOR DAY	5 Class 9 – 7:00am Class 9 - 6:00pm	6 Class 1 – 11:00am RD STANDING – 7:00pm	7 Class 10 – 7:00am Class 10 - 6:00pm	8 Class 2 - 11:00am Class 11 – 6:00pm	9 Class 3 - 11:00am Bring a Friend! RD FREESTYLE – 12:00pm
11 Class 3 - 11:00am Class 12 - 6:00pm	12 Class 13 – 7:00am Class 13 - 6:00pm	13 Class 4 -11:00am RD FREESTYLE – 7:00pm	14 Class 14 – 7:00am Class 14 - 6:00pm	15 Class 5- 11:00am Class 15 - 6:00pm	16 Class 4- 11:00am Bring a Friend! RD MOUNT – 12:00p
18 Class 6 - 11:00am Class 16 - 6:00pm	19 Class 17 – 7:00am Class 17 - 6:00pm	20 Class 7 - 11:00am RD MOUNT – 7:00pm	21 Class 18 – 7:00am Class 18 - 6:00pm	22 Class 8 - 11:00am Class 19 – 6:00pm	23 Class 5 - 11:00am Bring a Friend! RD GUARD– 12:00pm
25 Class 9 - 11:00am Class 20 - 6:00pm	26 Class 21 – 7:00am Class 21 - 6:00pm	27 Class 10 – 11:00am RD GUARD – 7:00pm	28 Class 22 – 7:00am Class 22 - 6:00pm	29 Class 11 - 11:00am Class 23 – 6:00pm	30 Class 6 - 11:00am Bring a Friend! RD SIDE MOUNT – 12:00pm
October 2 Class 12 - 11:00am Class 1 - 6:00pm	3 Class 2 – 7:00am Class 2 - 6:00pm	4 Class 13 – 11:00am RD SIDE MOUNT – 7:00pm	5 Class 3 – 7:00am Class 3 - 6:00pm	6 Class 14 - 11:00am Class 4 – 6:00pm	7 Class 7 - 11:00am Bring a Friend! RD STANDING – 12:00pm

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.