

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com.

June 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Class 6 – 7:00p RD Guard 8p	4 Class 10 – 9:00a Class 7 – 7:00p	5 Class 8 – 7:00p	6	7 Class 9 – 9:00a <i>Bring a Friend Day!</i>
9	10 Class 10 – 7:00p RD Side Mount 8p	11 Class 11 – 9:00a Class 11 – 7:00p	12 Class 12 – 7:00p	13	14 Class 13 – 9:00a <i>Bring a Friend Day!</i>
16	17 Class 14 – 7:00p RD Standing 8:00p	18 Class 12 – 9:00a Class 15 – 7:00p	19 Class 16 – 7:00p	20	21 Class 17 – 9:00a <i>Bring a Friend Day!</i>
23	24 Class 18 – 7:00p RD Fight Sim 8:00p	25 Class 13 – 9:00a Class 19 – 7:00p	26 Class 20 – 7:00p	27	28 Class 21 – 9:00a <i>Bring a Friend Day!</i>
30	July 1 Class 22 – 7:00p RD Mount 8:00p	July 2 Class 14 – 9:00a Class 23 – 7:00p	July 3 Class 1 – 7:00p	July 4 CLOSED	July 5 Class 2 – 9:00a <i>Bring a Friend Day!</i>
<div>COME TRAIN AND BRING FAMILY AND FRIENDS!</div>					

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! If you have trouble accessing your lessons online, please speak to a Gracie University student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible 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. Please see the *Gracie Combatives Belt Qualification Requirements* handout for details.

www.BowieJiuJitsu.com | 6820 Race Track Rd, Bowie, MD, 20715 | (301) 835-2552