

GRACIE COMBATIVES®

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)

June 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>June 1</u> Class 21 – 7:15p	2 RD Fight Sim – 6:30p	3 Class 2 – 11:00a RD Mount – 12:00p Class 22 - 6:00p GC/MC Focus – 7:00p	4	5	6 Class 23 - 9:00a
8 Class 1 – 7:15p	9 RD Mount – 6:30p	10 Class 3 – 11:00a RD Guard – 12:00p Class 2 - 6:00p GC/MC Focus – 7:00p	11	12 Megaton Dias Seminar 5:30pm – 7:30pm	13 No Class
15 Class 3 – 7:15p	16 RD Side Mount – 6:30p	17 Class 4 – 11:00a RD Standing – 12:00p Class 4 - 6:00p GC/MC Focus – 7:00p	18	19	20 Class 5 - 9:00a
22 Class 6 – 7:15p	23 RD Standing– 6:30p	24 Class 5 – 11:00a RD Fight Sim – 12:00p Class 7 - 6:00p GC/MC Focus – 7:00p	25	26	27 Class 8 - 9:00a
29 Class 9 – 7:15p	30 RD Guard – 6:30p	<u>July 1</u> Class 6 – 11:00a RD Side Mount – 12:00p Class 10 - 6:00p GC/MC Focus – 7:00p	2	3	4 Closed for Independence Day
6 Class 11 – 7:15p	7 RD Fight Sim – 6:30p	8 Class 7 – 11:00a RD Mount – 12:00p Class 12 - 6:00p GC/MC Focus – 7:00p	9	10	11 Class 13 - 9:00a