

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)

July 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		July 1 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
13 Class 14 – 7:15p	14 RD Mount – 6:30p	15 Class 8 – 11:00a RD Guard – 12:00p Class 15 - 6:00p GC/MC Focus – 7:00p	16 Closed for Summer Break	17 Closed for Summer Break	18 Closed for Summer Break
20 Closed for Summer Break	21 Closed for Summer Break	22 Closed for Summer Break	23 Closed for Summer Break	24 Closed for Summer Break	25 Class 16 - 9:00a
27 Class 17 – 7:15p	28 RD Side Mount – 6:30p	29 Class 9 – 11:00a RD Standing – 12:00p Class 18 - 6:00p GC/MC Focus – 7:00p	30	31	August 1 Class 19 - 9:00a
3 Class 20 – 7:15p	4 RD Standing – 6:30p	5 Class 10 – 11:00a RD Fight Sim – 12:00p Class 21 - 6:00p GC/MC Focus – 7:00p	6	7	8 Class 22 - 9:00a

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