

# GRACIE COMBATIVES®

| 23 Classes | 36 Essential Techniques  |
|------------|--|
| 1          | <b>Trap and Roll Escape – Mount</b> (GU 1)*<br>Leg Hook Takedown (GU 6)                    |
| 2          | <b>Americana Armlock – Mount</b> (GU 2)<br>Clinch (Aggressive Opponent) (GU 7)             |
| 3          | <b>Positional Control – Mount</b> (GU 3)<br>Body Fold Takedown (GU 14)                     |
| 4          | <b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5)<br>Clinch (Conservative Opponent) (GU 15) |
| 5          | <b>Punch Block Series (1-4) – Guard</b> (GU 8)<br>Guillotine Choke (Standing) (GU 23)      |
| 6          | <b>Straight Armlock – Mount</b> (GU 9)<br>Guillotine Defense (GU 32)                       |
| 7          | <b>Triangle Choke – Guard</b> (GU 10)<br>Haymaker Punch Defense (GU 30)                    |
| 8          | <b>Elevator Sweep – Guard</b> (GU 11)<br>Rear Takedown (GU 29)                             |
| 9          | <b>Elbow Escape – Mount</b> (GU 12)<br>Pull Guard (GU 21)                                  |
| 10         | <b>Positional Control – Side Mount</b> (GU 13)<br>Double Leg Takedown (Aggressive) (GU 17) |
| 11         | <b>Headlock Counters – Mount</b> (GU 16)<br>Standing Headlock Defense (GU 26)              |
| 12         | <b>Headlock Escape 1 – Side Mount</b> (GU 18)<br>Standing Armlock (GU 34)                  |
| 13         | <b>Straight Armlock – Guard</b> (GU 19)<br>Clinch (Aggressive Opponent) (GU 7)             |
| 14         | <b>Double Ankle Sweep – Guard</b> (GU 20)<br>Guillotine Choke (Guard Pull) (GU 23)         |
| 15         | <b>Headlock Escape 2 – Side Mount</b> (GU 22)<br>Clinch (Conservative Opponent) (GU 15)    |
| 16         | <b>Shrimp Escape – Side Mount</b> (GU 24)<br>Body Fold Takedown (GU 14)                    |
| 17         | <b>Kimura Armlock – Guard</b> (GU 25)<br>Leg Hook Takedown (GU 6)                          |
| 18         | <b>Punch Block Series (5) – Guard</b> (GU 27)<br>Haymaker Punch Defense (GU 30)            |
| 19         | <b>Hook Sweep – Guard</b> (GU 28)<br>Guillotine Defense (GU 32)                            |
| 20         | <b>Take the Back – Guard</b> (GU 31)<br>Standing Headlock Defense (GU 26)                  |
| 21         | <b>Elbow Escape – Side Mount</b> (GU 33)<br>Pull Guard (GU 21)                             |
| 22         | <b>Twisting Arm Control – Mount</b> (GU 35)<br>Rear Takedown (GU 29)                       |
| 23         | <b>Double Underhook Pass – Guard</b> (GU 36)<br>Double Leg Takedown (Conservative) (GU 17) |

| February 2026              |  |  |          |        |                        |
|----------------------------|--|--|----------|--------|------------------------|
| Monday                     | Tuesday  | Wednesday  | Thursday | Friday | Saturday               |
| 2<br>Class 16 – 7:15p      | 3<br>Class 18 – 11:00a<br><br>RD Mount – 6:30p       | 4<br>Class 19 – 11:00a<br>RD Guard – 12:00p<br>Class 17 – 6:00p<br>GC/MC Focus – 7:00p       | 5        | 6      | 7<br>Class 18 – 9:00a  |
| 9<br>Class 19– 7:15p       | 10<br>Class 20 – 11:00a<br><br>RD Guard – 6:30p      | 11<br>Class 21 – 11:00a<br>RD Side Mount – 12:00p<br>Class 20 – 6:00p<br>GC/MC Focus – 7:00p | 12       | 13     | 14<br>Class 21- 9:00a  |
| 16<br>Class 22 – 7:15p     | 17<br>Class 22 - 11:00a<br><br>RD Side Mount – 6:30p | 18<br>Class 23 – 11:00a<br>RD Standing – 12:00p<br>Class 23 – 6:00p<br>GC/MC Focus – 7:00p   | 19       | 20     | 21<br>Class 1 - 9:00a  |
| 23<br>Class 2 – 7:15p      | 24<br>Class 1 - 11:00a<br><br>RD Standing– 6:30p     | 25<br>Class 2 – 11:00a<br>RD Fight Sim – 12:00p<br>Class 3 – 6:00p<br>GC/MC Focus – 7:00p    | 26       | 27     | 28<br>Class 4 - 9:00a  |
| March 2<br>Class 5 – 7:15p | 3<br>Class 3 - 11:00a<br><br>RD Fight Sim – 6:30p    | 4<br>Class 4 – 11:00a<br>RD Mount – 12:00p<br>Class 6 - 6:00p<br>GC/MC Focus – 7:00p         | 5        | 6      | 7<br>Class 7 - 9:00a   |
| 9<br>Class 8 – 7:15p       | 10<br>Class 5 - 11:00a<br><br>RD Mount – 6:30p       | 11<br>Class 6 – 11:00a<br>RD Guard – 12:00p<br>Class 9 - 6:00p<br>GC/MC Focus – 7:00p        | 12       | 13     | 14<br>Class 10 - 9:00a |

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