

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)

March 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 5 – 7:15p	3 Class 3 – 11:00a RD Mount – 6:30p	4 Class 4 – 11:00a RD Guard – 12:00p Class 6 – 6:00p GC/MC Focus – 7:00p	5	6	7 Class 7 – 9:00a
9 Class 8 – 7:15p	10 Class 5 – 11:00a RD Fight Sim – 6:30p	11 Class 6 – 11:00a RD Side Mount – 12:00p Class 9 – 6:00p GC/MC Focus – 7:00p	12	13	14 Class 10 – 9:00a
16 Class 11 – 7:15p	17 Class 7 – 11:00a RD Side Mount – 6:30p	18 Class 8 – 11:00a RD Standing – 12:00p Class 12 – 6:00p GC/MC Focus – 7:00p	19	20	21 Class 13 – 9:00a
23 Class 14 – 7:15p	24 Class 9 – 11:00a RD Standing – 6:30p	25 Class 10 – 11:00a RD Fight Sim – 12:00p Class 15 – 6:00p GC/MC Focus – 7:00p	26	27	28 Class 16 – 9:00a
30 Class 17 – 7:15p	31 Class 11 – 11:00a RD Guard – 6:30p	<u>April 1</u> Class 12 – 11:00a RD Mount – 12:00p Class 18 – 6:00p GC/MC Focus – 7:00p	2	3	4 Class 19 – 9:00a
6 Class 20 – 7:15p	7 Class 13 – 11:00a RD Mount – 6:30p	8 Class 14 – 11:00a RD Guard – 12:00p Class 21 – 6:00p GC/MC Focus – 7:00p	9	10	11 Class 22 – 9:00a

www.GjijnPhx.com | 747 W Pinnacle Peak Rd Ste A-101 Phoenix, AZ 85027 | (480) 808-8486 | GjijnPhx@gmail.com