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)

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			October 1	**2**	**3** **Class 22** - 9:00a
5 **Class 23** – 7:15p	**6** **RD Side Mount** – 6:30p	**7** **Class 19** – 11:00a **RD Standing** – 12:00p **Class 1** - 6:00p **GC/MC Focus** – 7:00p	**8**	**9**	**10** **Class 2** - 9:00a
12 **Class 3** – 7:15p	**13** **RD Standing** – 6:30p	**14** **Class 20** – 11:00a **RD Fight Sim** – 12:00p **Class 4** - 6:00p **GC/MC Focus** – 7:00p	**15**	**16**	**17** **Class 5** - 9:00a
19 **Class 6** – 7:15p	**20** **RD Guard** – 6:30p	**21** **Class 21** – 11:00a **RD Side Mount** – 12:00p **Class 7** - 6:00p **GC/MC Focus** – 7:00p	**22**	**23**	**24** **Class 8** - 9:00a
26 **Class 9** – 7:15p	**27** **RD Fight Sim** – 6:30p	**28** **Class 22** – 11:00a **RD Mount** – 12:00p **Class 10** - 6:00p **GC/MC Focus** – 7:00p	**29**	**30**	**31** **Class 11** - 9:00a
November 2 **Class 12** – 7:15p	**3** **RD Mount** – 6:30p	**4** **Class 23** – 11:00a **RD Guard** – 12:00p **Class 13** - 6:00p **GC/MC Focus** – 7:00p	**5**	**6**	**7** **Class 14** - 9:00a

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