

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)

January 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEW YEARS DAY	2	3 HOLIDAY CLOSURE
5 Class 4– 7:15p	6 Class 10 – 11:00a RD Guard – 6:30p	7 Class 11 – 11:00a RD Side Mount – 12:00p Class 5 - 6:00p GC/MC Focus – 7:00p	8	9	10 Class 6- 9:00a
12 Class 7 – 7:15p	13 Class 12 - 11:00a RD Side Mount – 6:30p	14 Class 13 – 11:00a RD Standing – 12:00p Class 8 - 6:00p GC/MC Focus – 7:00p	15	16	17 Class 9 - 9:00a
19 Class 10 – 7:15p	20 Class 14 - 11:00a RD Standing– 6:30p	21 Class 15 – 11:00a RD Fight Sim – 12:00p Class 11 - 6:00p GC/MC Focus – 7:00p	22	23	24 Class 12 - 9:00a
26 Class 13 – 7:15p	27 Class 16 - 11:00a RD Fight Sim – 6:30p	28 Class 17 – 11:00a RD Mount – 12:00p Class 14 - 6:00p GC/MC Focus – 7:00p	29	30	31 Class 15 - 9:00a
2 Class 16 – 7:15p	3 Class 18 - 11:00a RD Mount – 6:30p	4 Class 19 – 11:00a RD Guard – 12:00p Class 17 - 6:00p GC/MC Focus – 7:00p	5	6	7 Class 18 - 9:00a

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