

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

JANUARY / FEBRUARY / MARCH 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY 26 Class 4: 700PM-800PM	27 Class 5: 545PM – 645PM	28 RD: 545PM – 645PM Mount Focus MCF: 645PM-730PM	29	30	31 Class 6:1015AM-1115AM
FEBRUARY 2 Class 7:700PM-800PM	3 Class 8: 545PM – 645PM	4 RD: 545PM – 645PM Side Mount Focus MCF: 645PM-730PM	5	6	7 Class 9:1015AM-1115AM
9 Class 10:700PM-800PM	10 Class 11: 545PM – 645PM	11 RD: 545PM – 645PM Guard Focus MCF: 645PM-730PM	12	13	14 Class 12:1015AM-1115AM
16 HOLIDAY CLOSED	17 Class 13: 545PM-645PM	18 RD: 545PM – 645PM Standing Focus MCF: 645PM-730PM	19	20	21 Class 14:1015AM-1115AM
23 Class 15: 700PM-800PM	24 Class 16: 545PM-645PM	25 RD: 545PM – 645PM Freestyle Focus MCF: 645PM-730PM	26	27	28 Class 17:1015AM-1115AM
MARCH 2 Class 18: 700PM-800PM	3 Class 19: 545PM - 645PM	4 RD: 545PM-645PM Mount Focus MCF: 645PM-730PM	5	6	7 Class 20:1015AM-1115AM

HOLIDAY CLOSURE FEBRUARY 16TH, 2026

Street Readiness in 23 Classes: The 36 techniques in the Gracie Combatives program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

Reflex Development Class (RD Class) – Two stripes required: Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

Master Cycle Fundamentals (MCF) – Three stripes required: Once you have earned at least three stripes on your white belt and have attended several RD classes, you will be able to attend Master Cycle Fundamentals. This will prepare you for attending the Master Cycle once you pass your Gracie Combatives Test!