

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

JULY / AUGUST 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 13 Gracie Combatives Class 2: 700PM-800PM	14 Gracie Combatives Class 3: 545PM – 645PM	15 RD: 545PM – 645PM Standing Focus MCF: 645PM-730PM	16	17	18 Gracie Combatives Class 4: 1015AM-1115AM
20 Gracie Combatives Class 5: 700PM-800PM	21 Gracie Combatives Class 6: 545PM – 645PM	22 RD: 545PM – 645PM Freestyle Focus MCF: 645PM-730PM	23	24	25 Gracie Combatives Class 7: 1000AM-1100AM
27 Gracie Combatives Class 8: 700PM-800PM	28 Gracie Combatives Class 9: 545PM – 645PM	29 RD: 545PM – 645PM Mount Focus MCF: 645PM-730PM	30	31 Gracie Combatives Class 10: 630PM – 730PM	AUGUST 1 Women's Only GC Class 1: 1000AM-1100AM
3 Gracie Combatives Class 11: 700PM-800PM	4 Gracie Combatives Class 12: 545PM-645PM	5 RD: 545PM – 645PM Side Mount Focus MCF: 645PM-730PM	6	7 Gracie Combatives Class 13: 630PM – 730PM	8 Women's Only GC Class 2: 1000AM-1100AM
10 Gracie Combatives Class 14: 700PM-800PM	11 Gracie Combatives Class 15: 545PM-645PM	12 RD: 545PM – 645PM Guard Focus MCF: 645PM-730PM	13	14 Gracie Combatives Class 16: 630PM – 730PM	15 Women's Only GC Class 3: 1000AM-1100AM
17 Gracie Combatives Class 17: 700PM-800PM	18 Gracie Combatives Class 18: 545PM - 645PM	19 RD: 545PM – 645PM Standing Focus MCF: 645PM-730PM	20	21 Gracie Combatives Class 19: 630PM – 730PM	22 Women's Only GC Class 4: 1000AM-1100AM

Gracie Combatives: 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!

Women's Only Gracie Combatives (GC): Gracie Combatives for Pink Belts and Women Empowered Students with 4 stripes on their white belt.