

# 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)

JUNE / JULY 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNE 1</b> Class 8: 700PM-800PM	2 Class 9: 545PM – 645PM	3 RD: 545PM – 645PM <b>Standing Focus</b> MCF: 645PM-730PM	4	5	6 Class 10:1015AM-1115AM
8 Class 11:700PM-800PM	9 Class 12: 545PM – 645PM	10 RD: 545PM – 645PM <b>Freestyle Focus</b> MCF: 645PM-730PM	11	12	13 Class 13:1000AM-1100AM
15 Class 14:700PM-800PM	16 Class 15: 545PM – 645PM	17 RD: 545PM – 645PM <b>Mount Focus</b> MCF: 645PM-730PM	18	19	20 Class 16:1000AM-1100AM
22 Class 17:700PM-800PM	23 Class 18: 545PM-645PM	24 RD: 545PM – 645PM <b>Side Mount Focus</b> MCF: 645PM-730PM	25	26	27 Class 19:1000AM-1100AM
29 Class 20: 700PM-800PM	30 Class 21: 545PM-645PM	<b>JULY 1</b> RD: 545PM – 645PM <b>Guard Focus</b> MCF: 645PM-730PM	2	3	4 <b>CLOSED</b>
6 Class 22: 700PM-800PM	7 Class 23: 545PM - 645PM	8 RD: 545PM – 645PM <b>Standing Focus</b> MCF: 645PM-730PM	9	10	11 Class 1:1000AM-1100AM

**HOLIDAY CLOSURE JULY 4<sup>TH</sup>, 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!

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com