

# GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 6)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)
6	<b>Straight Armlock – Mount</b> (GU 9) Guillotine Defense (GU 32)
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armlock (GU 34)
13	<b>Straight Armlock – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)
16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)
17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)
18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)
19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)
20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)
21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)
22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)
23	<b>Double Underhook Pass – Guard</b> (GU 36) Double Leg Takedown (Conservative) (GU 17)

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

MAY / JUNE 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY 19</b> Class 6: 700PM-800PM	20 Class 7: 545PM – 645PM	21 RD: 515PM – 615PM <i>Guard Focus</i> MCF: 615PM-700PM	22 Class 8: 545PM – 645PM	23 Class 9: 545PM – 645PM	24 Class 19:1015AM-1115AM
26 <b>HOLIDAY CLOSED</b>	27 Class 10: 545PM – 645PM	28 RD: 515PM – 615PM <i>Standing Focus</i> MCF: 615PM-700PM	29 Class 11: 545PM-645PM	30 Class 12: 545PM-615PM	31 Class 22:1015AM-1115AM
<b>JUNE 2</b> Class 13: 700PM-800PM	3 Class 14: 545PM – 645PM	4 RD: 545PM – 645PM <i>Freestyle Focus</i> MCF: 645PM-730PM	5 Class 15: 545PM-645PM	6 Class 16: 545PM – 645PM	7 Class 3:1015AM-1115AM
9 Class 17: 700PM-800PM	10 Class 18: 545PM-645PM	11 RD: 545PM – 645PM <i>Side Mount Focus</i> MCF: 645PM-730PM	12 Class 19: 545PM – 645PM	13 Class 20: 545PM – 645PM	14 Class 7:1015AM-1115AM
16 Class 21: 700PM-800PM	17 Class 22: 545PM-645PM	18 RD: 545PM – 645PM <i>Mount Focus</i> MCF: 645PM-730PM	19 Class 23: 545PM – 645PM	20 Class 1: 545PM – 645PM	21 Class 11:1015AM-1115AM
23 Class 2: 700PM-800PM	24 Class 3: 545PM - 645PM	25 RD: 545PM-645PM <i>Guard Focus</i> MCF: 645PM-730PM	26 Class 4: 545PM-645PM	27 Class 5: 545PM-645PM	28 Class 15:1015AM-1115AM

**HOLIDAY CLOSURE MAY 26<sup>TH</sup>, 2025**

## 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!