

# 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

APRIL / MAY 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>APRIL 20</b> Class 15: 700PM-800PM	21 Class 16: 545PM – 645PM	22 RD: 545PM – 645PM <b>Guard Focus</b> MCF: 645PM-730PM	23	24	25 Class 17:1015AM-1115AM
27 Class 18:700PM-800PM	28 Class 19: 545PM – 645PM	29 RD: 545PM – 645PM <b>Standing Focus</b> MCF: 645PM-730PM	30	<b>MAY 1</b>	2 Class 20:1000AM-1100AM
4 Class 21:700PM-800PM	5 Class 22: 545PM – 645PM	6 RD: 545PM – 645PM <b>Freestyle Focus</b> MCF: 645PM-730PM	7	8	9 Class 23:1000AM-1100AM
11 Class 1:700PM-800PM	12 Class 2: 545PM-645PM	13 RD: 545PM – 645PM <b>Mount Focus</b> MCF: 645PM-730PM	14	15	16 Class 3:1000AM-1100AM
18 Class 4: 700PM-800PM	19 Class 5: 545PM-645PM	20 RD: 545PM – 645PM <b>Side Mount Focus</b> MCF: 645PM-730PM	21	22	23 <b>CLOSED</b>
25 <b>CLOSED</b>	26 Class 6: 545PM - 645PM	27 RD: 545PM – 645PM <b>Guard Focus</b> MCF: 645PM-730PM	28	29	30 Class 7:1000AM-1100AM

**HOLIDAY CLOSURE MAY 23 AND MAY 25, 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!