

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

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

HOLIDAY CLOSURE OCTOBER 12TH, 2026

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.