

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)

AUGUST / SEPTEMBER 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 24 Gracie Combatives Class 20: 700PM-800PM	25 Gracie Combatives Class 21: 545PM – 645PM	26 RD: 545PM – 645PM Freestyle Focus MCF: 645PM-730PM	27	28 Gracie Combatives Class 22: 630PM – 730PM	29 Women's Only GC Class 5:1000AM-1100AM
31 Gracie Combatives Class 23:700PM-800PM	SEPTEMBER 1 Gracie Combatives Class 1: 545PM – 645PM	2 RD: 545PM – 645PM Mount Focus MCF: 645PM-730PM	3	4 Gracie Combatives Class 2: 630PM – 730PM	5 Women's Only GC Class 6:1000AM-1100AM
7 NO CLASS	8 Gracie Combatives Class 4: 545PM – 645PM	9 RD: 545PM – 645PM Side Mount Focus MCF: 645PM-730PM	10	11 Gracie Combatives Class 5: 630PM – 730PM	12 Women's Only GC Class 7:1000AM-1100AM
14 Gracie Combatives Class 6:700PM-800PM	15 Gracie Combatives Class 7: 545PM-645PM	16 RD: 545PM – 645PM Guard Focus MCF: 645PM-730PM	17	18 Gracie Combatives Class 8: 630PM – 730PM	19 Women's Only GC Class 8:1000AM-1100AM
21 Gracie Combatives Class 9: 700PM-800PM	22 Gracie Combatives Class 10: 545PM-645PM	23 RD: 545PM – 645PM Standing Focus MCF: 645PM-730PM	24	25 Gracie Combatives Class 11: 630PM – 730PM	26 Women's Only GC Class 9:1000AM-1100AM
28 Gracie Combatives Class 12: 700PM-800PM	29 Gracie Combatives Class 13: 545PM – 645PM	30 RD: 545PM – 645PM Freestyle Focus MCF: 645PM-730PM	OCTOBER 1	2 Gracie Combatives Class 14: 630PM – 730PM	3 Women's Only GC Class 10:1000AM-1100AM

NO CLASS LABOR DAY SEPTEMBER 7TH, 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.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com