

GRACIE COMBATIVES®

Fort Smith

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)

March 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Class 7 – 7:00pm Bring a friend	4 Class 8 – 6:00pm RD Class – 7:00pm Side-Mount Focus	5 Class 16 – 7:30am Class 9 – 7:00pm	6 Class 17 – 7:30am Class 10 – 8:00pm	7 Class 11 – 7:00pm	8 Class 6 – 10:00am Open Mat – 11:00am
10 Class 12 – 7:00pm Bring a friend	11 Class 13 – 6:00pm RD Class – 7:00pm Standing Focus	12 Class 18 – 7:30am Class 14 – 7:00pm	13 Class 19 – 7:30am Class 15 – 8:00pm	14 Class 16 – 7:00pm	15 Class 7 – 10:00am Open Mat – 11:00am
17 Class 17 – 7:00pm Bring a friend	18 Class 18 – 6:00pm RD Class – 7:00pm Freestyle Focus	19 Class 20 – 7:30am Class 19 – 7:00pm	20 Class 21 – 7:30am Class 20 – 8:00pm	21 Class 21 – 7:00pm	22 Class 8 – 10:00am Open Mat – 11:00am
24 Class 22 – 7:00pm Bring a friend	25 Class 23 – 6:00pm RD Class – 7:00pm Mount Focus	26 Class 22 – 7:30am Class 1 – 7:00pm	27 Class 23 – 7:30am Class 2 – 8:00pm	28 Class 3 – 7:00pm	29 Class 9 – 10:00am Open Mat – 11:00am
31 Class 4 – 7:00pm Bring a friend	Apr. 1 Class 5 – 6:00pm RD Class – 7:00pm Guard Focus	2 Class 1 – 7:30am Class 6 – 7:00pm	3 Class 2 – 7:30am Class 7 – 8:00pm	4 Class 8 – 7:00pm	5 Class 10 – 10:00am Open Mat – 11:00am

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)

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!

Log-on & Boost Progress!

As a student of the *Gracie Combatives* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

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