



GRACIE COMBATIVES ®

The Fastest Way To Street Readiness. Guaranteed.



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 – 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 – 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)

JULY 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1 Class 23 - 10am til 11am RD - Side Mount - 11am til 12noon RD - Side Mount - 6pm til 7pm Class 1 - 7pm til 8pm	July 2 Class 2 - 10am til 11am Class 3 - 6pm til 7pm	July 3 Street Sparring - 10am til 11am Class 4 - 11am til 12noon Class 5 - 6pm til 7pm Street Sparring - 7pm til 8pm	July 4 NO CLASSES	July 5 NO CLASSES	July 6 CLOSED FOR RYRON GRACIE SEMINAR
July 8 Class 7 - 10am til 11am Street Sparring - 11am til 12noon Street Sparring - 6pm til 7pm Class 8 - 7pm til 8pm	July 9 Class 9 - 10am til 11am Class 10 - 6pm til 7pm	July 10 RD - Guard - 10am til 11am Class 11 - 11am til 12noon Class 12 - 6pm til 7pm RD - Guard - 7pm til 8pm	July 11 NO CLASSES	July 12 NO CLASSES	July 13 Class 13 - 1.15pm til 2.15pm
July 15 CLOSED FOR WE ICP	July 16 CLOSED FOR WE ICP	July 17 CLOSED FOR WE ICP	July 18 CLOSED FOR WE ICP	July 19 CLOSED FOR WE ICP	July 20 CLOSED FOR WE ICP
July 22 Class 21 - 10am til 11am Fight Sim - 11am til 12noon Fight Sim - 6pm til 7pm Class 22 - 7pm til 8pm	July 23 Class 23 - 10am til 11am Class 1 - 6pm til 7pm	July 24 RD - Side Mount - 10am til 11am Class 2 - 11am til 12noon Class 3 - 6pm til 7pm RD - Side Mount - 7pm til 8pm	July 25 NO CLASSES	July 26 NO CLASSES	July 27 Class 4 - 1.15pm til 2.15pm
July 29 Class 5 - 10am til 11am RD - Mount - 11am til 12noon RD - Mount - 6pm til 7pm Class 6 - 7pm til 8pm	July 30 Class 7 - 10am til 11am Class 8 - 6pm til 7pm	July 31 Fight Sim - 10am til 11am Class 9 - 11am til 12noon Class 10 - 6pm til 7pm Fight Sim - 7pm til 8pm	August 1 NO CLASSES	August 2 NO CLASSES	August 3 Class 11 - 1.15pm til 2.15pm

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com
 **Class schedule subject to change based on holidays and special events.

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 in 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 completed 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 the online *Women Empowered* program through GracieUniversity.com. To optimise learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have any trouble accessing your lessons online, please speak to a Gracie University student services representative.

Combatives Belt Qualification Test
 Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible combination, you can test for your Gracie Combatives Belt. To watch a complete demo of the test, please visit the 'Testing Centre' at GracieUniversity.com. Please see the *Gracie Combatives Qualification Requirements* handout for details.

