

GRACIE COMBATIVES®

THE FASTEST WAY TO STREET READINESS

23 Classes	36 Essential Techniques
1	Trap & Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Armbar – Mount Guillotine Defense
7	Triangle Choke – Guard Haymaker Punch Defense
8	Elevator Sweep – Guard Rear Takedown
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armbar
13	Armbar – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura Armlock – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)

March 2026					
Monday	Tue	Wednesday	Thu	Friday	Sa Su
<p>9 (Class 7)</p> <p>Haymaker Punch Defense</p> <p>Triangle Choke – Guard Slices: 1) Triangle Finish (Preparation Drill) 2) Stage 1.5 Variation</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">10</p>	<p style="text-align: center;">11</p> <p>Haymaker Punch Defense</p> <p>Triangle Choke – Guard - Revision Slices: 1- Stage 1.5 Variation 2- Giant Killer Variation</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">12</p>	<p style="text-align: center;">13 (1 HOUR DRILL ALL VARIATIONS)</p> <p>30 Min Revision: 3 Times each partner of each slice Triangle Choke – Guard Haymaker Punch Defense</p> <p>30 min Reflex Development Drill: Haymaker Punch Defense > Breakfall to Guard > Triangle (any variation) > Reverse Roles</p>	<p style="text-align: center;">14</p>
<p>16 (Class 8)</p> <p>Rear Takedown 1- Rear Clinch Acquisition 2- Rear Takedown</p> <p>Elevator Sweep – Guard 1- Standard Variation</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">17</p>	<p style="text-align: center;">18</p> <p>Rear Takedown 1- Rear Clinch Acquisition 2- Rear Takedown</p> <p>Elevator Sweep – Guard 1- Standard Variation 2- Headlock Variation</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">19</p>	<p style="text-align: center;">20 (1 HOUR DRILL ALL VARIATIONS)</p> <p>30 Min Revision: 3 Times each partner of each slice Elevator Sweep – Guard Rear Takedown</p> <p>30 min Reflex Development Drill: Rear Clinch Acquisition > Rear Takedown > Cooperative Roll > Elevator Sweep (any variation) > Reverse Roles</p>	<p style="text-align: center;">21</p>
<p>23 (Class 9)</p> <p>Pull Guard</p> <p>Elbow Escape – Mount 1- Standard Elbow Escape 2- Hook Removal</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">24</p>	<p style="text-align: center;">25</p> <p>Pull Guard</p> <p>Elbow Escape – Mount 3- Fish Hook 4- Heel Drag</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27 (1 HOUR DRILL ALL VARIATIONS)</p> <p>30 Min Revision: 3 Times each partner of each slice Elbow Escape – Mount Pull Guard</p> <p>30 min Reflex Development Drill: Pull Guard > Cooperative Pass > Elbow Escape (any variation)</p>	<p style="text-align: center;">28</p>
<p>30 (Class 10)</p> <p>Double Leg Takedown (Aggressive) 1- Basic Application (Prep Drill) 2- Aggressive Opponent</p> <p>Positional Control – Side Mount 1- Roll Prevention</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">31</p>	<p style="text-align: center;">1</p> <p>Double Leg Takedown (Aggressive) 1- Basic Application (Prep Drill) 2- Aggressive Opponent</p> <p>Positional Control – Side Mount 1- Roll Prevention 2- Guard Prevention 3- Mount Transition</p> <p>Reflex Development Drill:</p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">3 (1 HOUR DRILL ALL VARIATIONS)</p> <p>30 Min Revision: 3 Times each partner of each slice Positional Control – Side Mount Double Leg Takedown (Aggressive)</p> <p>30 min Reflex Development Drill: Double Leg Takedown > Side Mount Control (all variations) > Mount Transition > Reverse Roles</p>	<p style="text-align: center;">4</p>