

GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap & 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	Armbar – 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 Armbar (GU 34)
13	Armbar – 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)

For more information, please visit our website:
www.GracieUniversity.com

AUGUST 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
	Class 3 - 7PM Reflex Development (Invite, Pre-Book Only) Mount Focus - 8PM	Class 23 - 9AM	Class 4 - 7PM MC Fundamentals (Invite only) S. Mount Focus - 12PM	Class 1 - 9AM	Class 2 - 11AM	
3	4	5	6	7	8	9
	Class 5 - 7PM	Class 3 - 9AM	Class 6 - 7PM	Class 4 - 9AM	Class 5 - 11AM MC Fundamentals (Invite, Pre-Book Only) * Mount Focus - 12PM	
	Reflex Development (Invite, Pre-Book Only) Guard Focus - 8PM		MC Fundamentals (Invite only) Standing Focus - 6PM		Aravaipa Insomniac Run (White Tanks) https://www.aravaiparunning.com/	
10	11	12	13	14	15	16
	Class 7 - 7PM Reflex Development (Invite, Pre-Book Only) S. Mount Focus - 8PM	Class 6 - 9AM	Class 8 - 7PM MC Fundamentals (Invite only) Instructors Choice - 6PM	Class 7 - 9AM	Class 8 - 11AM MC Fundamentals (Invite, Pre-Book Only) * S. Mount Focus - 12PM	
17	18	19	20	21	22	23
	Class 9 - 7PM Reflex Development (Invite, Pre-Book Only) Standing Focus - 8PM	Class 9 - 9AM	Class 10 - 7PM MC Fundamentals (Invite only) Mount Focus - 6PM	Class 10 - 9AM	Class 11 - 11AM MC Fundamentals (Invite, Pre-Book Only) * Guard Focus - 12PM	
24	25	26	27	28	29	30
	Class 11 - 7PM Reflex Development (Invite, Pre-Book Only) Freestyle Focus - 8PM	Class 12 - 9AM	Class 12 - 7PM MC Fundamentals (Invite only) S. Mount Focus - 6PM	Class 13 - 9AM	Class 14 - 11AM MC Fundamentals (Invite, Pre-Book Only) * H. Guard Focus - 12PM	
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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 have at least eight months of experience and you've perfected all the techniques, individually and in combination, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the Testing Center at GracieUniversity.com.

Reflex Development Focuses
1 - Mount
2 - Guard
3 - Side Mount
4 - Standing
5 - Freestyle