

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)

Reflex Development Focuses

- 1 - Mount
- 2 - Guard
- 3 - Side Mount
- 4 - Standing
- 5 - Freestyle

MAY 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
Class 23 - 7PM	Class 1 - 7PM RD (Invite, Advance Book Only) Standing Focus 8-9PM	Class 18 - 9AM	Class 2 - 7PM	Class 19 - 9AM	Class 20 - 12PM	
4	5	6	7	8	9	10
Class 3 - 7PM	Class 4 - 7PM RD (Invite, Advance Book Only) Freestyle Focus 8-9PM	Class 21 - 9AM	Class 5 - 7PM	Class 22 - 9AM	Class 23 - 12PM	HAPPY MOTHER'S DAY!
11	12	13	14	15	16	17
Class 7 - 7PM COMBATIVES TRIANGLE FOCUS WEEK!	Class 7 - 7PM RD (Invite, Advance Book Only) Mount Focus 8-9PM	Class 7 - 9AM COMBATIVES TRIANGLE FOCUS WEEK!	Class 7 - 7PM COMBATIVES TRIANGLE FOCUS WEEK!	Class 7 - 9AM COMBATIVES TRIANGLE FOCUS WEEK!	Class 7 - 12PM COMBATIVES TRIANGLE FOCUS WEEK!	
18	19	20	21	22	23	24
Class 6 - 7PM	Class 7 - 7PM RD (Invite, Advance Book Only) Guard Focus 8-9PM	Class 1 - 9AM	Class 8 - 7PM	Class 2 - 9AM	NO CLASSES TODAY	
25	26	27	28	29	30	31
NO CLASSES TODAY CLOSED FOR MEMORIAL DAY	Class 9 - 7PM RD (Invite, Advance Book Only) Side Mount Focus 8-9PM	Class 3 - 9AM	Class 10 - 7PM	Class 4 - 9AM	Class 5 - 12PM	

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.