

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

OCTOBER 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Class 16 - 7PM	30 Class 17 - 7PM	1 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	2 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	3 Advance Book - Class 17 - 9AM Coach Kyle Teaches	4 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	5
6 Class 18 - 7PM	7 Advance Book - Class 18 - 9AM	8 Advance Book - Class 19 - 9AM	9 Class 20 - 7:55PM	10 Advance Book - Class 19 - 9AM	11	12
13 Class 21 - 7PM	14 Class 22 - 7PM	15 Advance Book - Class 20 - 9AM	16 Class 23 - 7:55PM	17 Advance Book - Class 21 - 9AM	18	19
20 Class 1 - 7PM	21 Class 2 - 7PM	22 Advance Book - Class 22 - 9AM	23 Class 3 - 7:55PM	24 Advance Book - Class 23 - 9AM	25	26
27 Class 4 - 7PM	28 Class 5 - 7PM	29 Advance Book - Class 1 - 9AM	30 Class 6 - 7:55PM	31 CLOSED HAPPY HALLOWEEN!	1 NOV SCHEDULE TO BE RELEASED MID-LATE OCT	2
3 NOV SCHEDULE TO BE RELEASED MID-LATE OCT	4	5	6	7	8	9
NOV SCHEDULE TO BE RELEASED MID-LATE OCT						

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.