

GRACIE COMBATIVES®

OCTOBER— NOVEMBER 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 13 RD Side Mount – 11a RD Side Mount – 6p Class 2 – 7p	14 Class 3 – 12p Class 3 – 6p MCF Class – 7P	15 Class 3 – 7p Bring a Friend!	16 Class 4 – 12p Class 4 – 6p	17 Class 4 – 11a MCF Class – 12P	18 Class 17 – 10a Bring a Friend!
20 RD Standing – 11a RD Standing – 6p Class 5 – 7p	21 Class 5 – 12p Class 5 – 6p MCF Class – 7P	22 Class 6 – 7p Bring a Friend!	23 Class 6 – 12p Class 6 – 6p	24 Class 7 – 11a MCF Class – 12P	25 Class 18 – 10a Bring a Friend!
27 RD Freestyle – 11a RD Freestyle – 6p Class 8 – 7p	28 Class 8 – 12p Class 8 – 6p MCF Class – 7P	29 Class 9 – 7p Bring a Friend!	30 Class 9 – 12p Class 9 – 6p	31 MCF Class – 12P	NOVEMBER 1 Class 19 – 10a Bring a Friend!
3 RD Guard – 6p Class 11 – 7p	4 Class 10 – 12p Class 10 – 6p	5 Class 12 – 7p Bring a Friend!	6 Class 11 – 12p Class 11 – 6p	7 MCF Class – 12P	8 Class 20 – 10a Bring a Friend!
10 RD Mount – 6p Class 14 – 7p	11 Class 12 – 12p Class 12 – 6p	12 Class 15 – 7p Bring a Friend!	13 Class 13 – 12p Class 13 – 6p	14 MCF Class – 12P	15 Class 21 – 10a Bring a Friend!
17 RD Side Mount– 6p Class 17 – 7p	18 Class 14 – 12p Class 14 – 6p	19 Class 18 – 7p Bring a Friend!	20 Class 15 – 12p Class 15 – 6p	21 MCF Class – 12P	22 Class 22 – 10a Bring a Friend!

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.

RReflex Development Class (RD Class) & Master Cycle Fundamentals (MCF) 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! If you've earned your 3rd stripe, OR have attended 60+ classes, you can also attend the MCF classes to help prepare for your transition into Master Cycle.

Log-on & Boost Progress!

As a student of the *Gracie Combatives* program, you qualify for a free subscription to GracieUniversity.com, so you can watch your lessons from any computer or mobile device. You also get access to our free GymDesk mobile app that allows you to track attendance on your “digital attendance card” and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, 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.

Bring a Friend to Class!

If you love the *Gracie Combatives* classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a free Gracie t-shirt just for helping us spread the word! See front desk for details.