

GRACIE COMBATIVES®

June 2026 — August 2026

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
June 22 Class 6 – 6:15p	23 Class 3 – 12:30p	24 Class 7 – 6:15p Bring a Friend!	25 Class 4 – 12:30p	26 RD Mount – 6:15p	27 MCF Class – 9a Class 1 – 10a Bring a Friend!
29 Class 8 – 6:15p	30 Class 5 – 12:30p	July 1 Class 9 – 6:15p Bring a Friend!	2 Class 6 – 12:30p	3 RD Side Mount – 6:15p	4 CLOSED FOR 4TH OF JULY
6 Class 10 – 6:15p	7 Class 7 – 12:30p	8 Class 11 – 6:15p Bring a Friend!	9 Class 8 – 12:30p	10 RD Freestyle – 6:15p	11 MCF Class – 9a Class 2 – 10a Bring a Friend!
13 Class 12 – 6:15p	14 Class 9 – 12:30p	15 CLOSED	16 CLOSED	17 CLOSED	18 CLOSED
20 CLOSED	21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 Members-Only Seminar – 10a
27 Class 13 – 6:15p	28 Class 10 – 12:30p	29 Class 14 – 6:15p Bring a Friend!	30 Class 11 – 12:30p	31 RD Standing – 6:15p	Aug 1 MCF Class – 9a Class 3 – 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.

Reflex 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.