

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

JUNE — JULY 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 16 Class 2 – 11a RD Mount – 6:30p Class 2 – 7:30p	17 Class 17 – 12p Class 17 – 6:30p	18 Class 3 – 7:30p Bring a Friend!	19 Class 18 – 12p Class 18 – 6p	20 Class 4– 11a	21 Class 4 – 10a Bring a Friend!
23 Class 5 – 11a RD Standing – 6:30p Class 5 – 7:30p	24 Class 19 – 12p Class 19 – 6p	25 Class 6 – 7:30p Bring a Friend!	26 Class 20 – 12p Class 20 – 6p	27 Class 7– 11a	28 Class 5 – 10a Bring a Friend!
30 Class 8 – 11a RD Freestyle – 6:30p Class 8– 7:30p	JULY 1 Class 21 – 12p Class 21 – 6p	2 Class 9 – 7:30p Bring a Friend!	3 Class 22 – 12p Class 22 – 6p	4 Closed for Independence Day Weekend 7/4-7/5	5 Closed for Independence Day Weekend 7/4-7/5
7 Class 10– 11a RD Side Mount– 6:30p Class 10 – 7:30p	8 Class 23 – 12p Class 23 – 6p	9 Class 11 – 7:30p Bring a Friend!	10 Class 1 – 12p Class 1 – 6p	11 Class 12 – 11a	12 Class 6 – 10a Bring a Friend!
14 Class 13 – 11a RD Guard – 6:30p Class 13 – 7:30p	15 Class 2 – 12p Class 2 – 6p	16 Class 14 – 7:30p Bring a Friend!	17 Class 3 – 12p Class 3 – 6p	18 Class 15 – 11a	19 Closed for Summer Break 7/19-7/26
21 Closed for Summer Break 7/19-7/26	22 Closed for Summer Break 7/19-7/26	23 Closed for Summer Break 7/19-7/26	24 Closed for Summer Break 7/19-7/26	25 Closed for Summer Break 7/19-7/26	26 Closed • Special Seminar 10AM-12PM. Members Only *

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, 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.

WOMEN EMPOWERED®

15 Classes	20 Essential Techniques
1	Combat Base (3 variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard Hair Grab)
2	Standard Wrist Releases (3 variations) (GU 2) Trap & Roll Escapes (3, 4, & 5) (GU 4) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard False Surrender)
4	Inverted Wrist Releases (4 variations) (GU 3) Guard Get-ups (3 & 4) (GU 9) (Rider Heavy Chest)
5	Super Slap (GU 6) Guard Get-ups (5 & 6) (GU 9) (Choke Wrist Pin)
6	Stop-Block-Frame (3 variations) (GU 10) Punch Defense (GU 11) (Clinch Entry)
7	Punch Block Series (GU 7) (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (GU 14) (Standard Heel Drag Face Down) Guillotine Choke (Guard) (GU 12)
9	Rear Choke Defenses (2 variations) (GU 17) Drag Defenses (GU 19) (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 variations) (GU 17) Guillotine Choke (GU 16) (Standing Guard Pull)
11	Hair Grab Defenses (GU 13) (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (GU 18) (Straight Armlock Kimora Armlock)
13	Shrimp Escape (GU 15) (Block & Shoot Shrimp & Shoot Rider) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination with one another.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

May - July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 5	6	7 6:30p - 7:30p Class 12	8	9	10 11:00a - 12:00p Class 13
12	13	14 6:30p - 7:30p Class 14	15	16	17 11:00a - 12:00p Class 15
19	20	21 6:30p - 7:30p Class 1	22	23	24 Closed for Memorial Day 5/24-5/26
26 Closed for Memorial Day 5/24-5/26	27	28 6:30p - 7:30p Class 2	29	30	31 11:00a - 12:00p Class 3
June 2	3	4 6:30p - 7:30p Class 4	5	6	7 11:00a - 12:00p Class 5
9	10	11 6:30p - 7:30p Class 6	12	13	14 11:00a - 12:00p Class 7
16	17	18 6:30p - 7:30p RD Class: Standing	19	20	21 11:00a - 12:00p Class 8
23	24	25 6:30p - 7:30p Class 9	26	27	28 11:00a - 12:00p Class 10
30	July 1	2 6:30p - 7:30p Class 11	3	4	5
Closed for 4th of July (7/4 - 7/5)					

Total Empowerment in 20 Lesson!

The *Women Empowered* program features 20 time-tested techniques that were developed to counter the most common types of assaults on women. The 20 techniques have been strategically divided into 15 one-hour classes. No experience is necessary, and the 20 lessons can be completed in any order.

Reflex Development Class (RD Class)

In RD classes, students who have attended all 15 classes (at least once) will learn how to apply the techniques in combination to develop essential reflexes for self-defense. Those who have not yet attended all 15 classes will spend the class reviewing past techniques.

Log-on & Boost Progress!

As a student of the *Women Empowered* 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.

Pink Belt Qualification Test

Once you have completed all 20 lessons at least four times, and you're confident in the execution of every technique, you qualify to take the Pink Belt Qualification test. 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 *Women Empowered* 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.