

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 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
9 Class 1 - 12:00pm Class 1 - 6:00pm	10 Class 2 - 6:00pm	11 RD Mount – 12:00pm Class 3 - 6:00pm	12 Class 4 – 6:00pm	13 Class 2- 12:00pm Class 5 – 6:00pm	14 Class 6 - 10:00am
16 Class 3 – 12:00pm Class 7 – 6:00pm	17 Class 8 - 6:00pm	18 RD Side Mount – 12:00pm Class 9 - 6:00pm	19 Class 10 6:00pm	20 Class 4 - 12:00pm Class 11- 6:00pm	21 Class 12 - 10:00am
23 Class 5 – 12:00pm Class 13 - 6:00pm	24 Class 14 - 6:00pm	25 RD Guard – 12:00pm Class 15 - 8:00pm	26 Class 16 – 6:00pm	27 Class 6 – 12:00pm Class 17– 6:00pm	28 Class 18 - 10:00am
30 Class 7 - 12:00pm Class 19 - 6:00pm	July 1 Class 20 – 6:00pm	2 RD Standing – 12:00pm Class 21 - 6:00pm	3 Class 22 - 6:00pm	4 Class 8 - 12:00pm Class 23 - 6:00a	5 Class 1 - 10:00a
7 Class 9 – 12:00pm Class 2 – 6:00pm	8 Class 3 – 6:00pm	9 RD Freestyle – 12:00pm Class 4 - 6:00pm	10 Class 5 – 6:00pm	11 Class 10 - 12:00pm Class 6- 6:00pm	12 Class 7 - 10:00am

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 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.