GRACIE COMBATIVES°

Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6) Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C. – Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Armbar – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34) Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Ambar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 23) Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 6) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 6) Mimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Take the Back – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 36) Pull Guard (GU 21) Zu Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)	23	T
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23 Double Underhook Pass – Guard (GU 36)	22	Twisting Arm Control – Mount (GU 35)
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Double Leg Takedown (Conservative) (GU 17)	23	• • • • • • • • • • • • • • • • • • • •
		Double Leg Takedown (Conservative) (GU 17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
.6	17 Class 13 - 7:00pm	18	19 Class 14 - 7:00pm	20	21 Class 15 - 9:00an
3	24 Class 16 - 7:00pm	25	26 Class 17 - 7:00pm	27	28 Class 18 - 9:00an
30	1 Class 19 - 7:00pm	2	3 Class 20 - 7:00pm	4	5 No Class No Class
	8 Class 21 - 7:00pm	9	10 Class 22 - 7:00pm	11	12 Class 23 - 9:00an
.4	15 Class 1 - 7:00pm	16	17 Class 2 - 7:00pm	18	19 Class 3 - 9:00am

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. 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.

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