

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)

APRIL 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Class 23 - 7:45p	2 Class 23 – 11am	3 Class 1 - 7:45p	4 Class 1 – 11am RDC – Mount– 7:00p	5	6 Class 2 - 10:00a
8 Class 3 - 7:45p	9 Class 2 – 11am	10 Class 4 - 7:45p	11 Class 3 – 11am RDC – Guard – 7:00p	12	13 Class 5 - 10:00a
15 Class 6 - 7:45p	16 Class 4 – 11am	17 Class 7 - 7:45p	18 Class 5 – 11am RDC – Side Mount – 7:00p	19	20 Class 8 - 10:00a
22 Class 9 - 7:45p	23 Class 6 – 11am	24 Class 10 - 7:45p	25 Class 7 – 11am RDC – Standing – 7:00p	26	27 Class 11 - 10:00a
29 Class 12 - 7:45p	30 Class 8 – 11am	1 Class 13 - 7:45p	2 Class 9 – 11am RDC – Free Fight – 7:00p	3	4 Class 14 - 10:00a
6 Class 15 - 7:45p	7 Class 10 – 11am	8 Class 16 - 7:45p	9 Class 11 – 11am RDC – Mount – 7:00p	10	11 Class 17 - 10:00a

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.

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.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com