

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)

September 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Class 11 – 11:00a	2 Class 13 – 7:45p	3 Class 12 – 11:00a RD Guard – 7:00p	4	5 OPEN MAT 9am-10:30am
7 CLOSED for LABOR DAY	8 Class 13 – 11:00a	9 Class 14 – 7:45p	10 Class 14 – 11:00a RD Side Mount – 7:00p	11	12 Class 15 – 10:00a
14 Class 16 – 7:45p	15 Class 15 – 11:00a	16 Class 17 – 7:45p	17 Class 16 – 11:00a RD Standing – 7:00p	18	19 Class 18 – 10:00a
21 Class 19 – 7:45p	22 Class 17 – 11:00a	23 Class 20 – 7:45p	24 Class 18 – 11:00a RD Free Fight – 7:00p	25	26 Class 21 – 10:00a
28 Class 22 – 7:45p	29 Class 19 – 11:00a	30 Class 23 – 7:45p			

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com