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

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gi Day	No-Gi Day	Gi Day	No-Gi Day	-	Gi Day
November 2 **MCF–Standing**—7:15pm **RD Class** – 8:15pm Standing	3 **Class 15 –** 6:45 pm	4	5 **Teens – Cls 15 –** 6:00 pm **GC – Class 1** – 8:15 pm	6	7 **Class 8 -** 10:45 am **Teens – Cls 1 –** 2:50 pm
9 **MCF–Mount**—7:15pm **RD Class** – 8:15pm Freestyle	10 **Class 16 –** 6:45 pm	11 **Closed for Remembrance Day**	12 **Teens – Cls 16 –** 6:00 pm **GC – Class 2** – 8:15 pm	13	14 **Class 9 -** 10:45 am **Teens – Cls 2 –** 2:50 pm
16 **MCF–Side Mount**-7:15pm **RD Class** – 8:15pm Mount	17 **Class 17 –** 6:45 pm	18	19 **Teens – Cls 17 –** 6:00 pm **GC – Class 3** – 8:15 pm	20	21 **Class 10 -** 10:45 am **Teens – Cls 3 –** 2:50 pm
23 **MCF–Guard**-7:15pm **RD Class** – 8:15pm Guard RD FS	24 **Class 18 –** 6:45 pm	25	26 **Teens – Cls 18 –** 6:00 pm **GC – Class 4** – 8:15 pm	27	28 **Class 11 -** 10:45 am **Teens – Cls 4 –** 2:50 pm
30 **MCF–Half Guard**—7:15pm **RD Class** – 8:15pm Side Mount RD FS	**December 1** **Class 19 –** 6:45 pm	2	3 **Teens – Cls 19 –** 6:00 pm **GC – Class 5** – 8:15 pm	4	5 **Class 12 -** 10:45 am **Teens – Cls 5 –** 2:50 pm
Note:					

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, 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!

Master Cycle Fundamentals Class (MCF Class)

Once you've achieved 3 or 4 stripes on your White Belt and you want to learn the next set of techniques for your Jiu-Jitsu Journey, as well as adding some positional sparring, the Master Cycle Fundamentals Class (MCF) will get you to the next level. By organizing all of Gracie Jiu-Jitsu into seven positional chapters (Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, Standing), every week we will rotate through one of these chapters.

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 complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, 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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