

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques
1	Trap and 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	Straight Armlock – 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 Armlock (GU 34)
13	Straight Armlock – 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)

December 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NOV 27 Class 19– 11:30a Class 15– 6:30pm	NOV 28 Class 16– 6:30p	NOV 29 Class 20– 11:30am RD Standing– 6:30pm	NOV 30 Class 11 – 6:30p	DEC 1 Class 12– 6:30pm Bring a Friend	2 Class 13– 11:15am Bring a Friend	3
4 Class 21– 11:30a Class 14– 6:30pm	5 Class 15– 6:30p Bring a Friend!	6 Class 22– 11:30am RD FreeStyle– 6:30pm	7 Class 16– 6:30p	8 Class 17– 6:30pm	9 Class 18– 11:15am	10
11 Class 23– 11:30am Night Canceled! Belt Ceremony!!	12 Class 19– 6:30p	13 Class 1– 11:30am RD Mount – 6:30p	14 Class 20 11:15am Bring a Friend	15 Class 21 11:15am	16 Class 22 – 11:15am	17
18 Class 2– 11:30a Class 23– 6:30p	19 Class 1– 6:30p Bring a Friend!	20 Class 3– 11:30am RD Guard– 6:30p	21 Class 2– 6:30p	22 Class 3– 6:30p	23 Class 4– 11:15am	24
25 CLOSED!!! HAPPY	26 CLOSED!! HOLIDAYS	27 CLOSED!!! & HAPPY	28 CLOSED!!! NEW	DEC 29 CLOSED!!! YEAR!!	DEC 30 CLOSED!!! !!!!!!!!!!!!	DEC 31 CLOSED!!! !!!!!!!!!!!!

Street Readiness in 23 Lessons!

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 lessons 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! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible 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. Please see the *Gracie Combatives Belt*

Qualification Requirements handout for details.