Gracie Combatives®

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)

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NOV 2 **Class 17-** 11:30am **Class 22** 6:30pm	**NOV 3** **Class 23-** 6:30pm	4 **Class 18 -** 11:30am **RD Mount -** 6:30pm	5 **Class 19**11:30am **Class 1-** 6:30pm	6 **Class 2-** 6:30pm Bring a Friend	7 **Class 3-** 11:30am Bring a Friend	8
9 **Class 20-** 11:30am **Class 4** 6:30pm	10 **Class 5**- 6:30p Bring a Friend!	11 **Class 21**- 11:30am **RD Guard**- 6:30pm	12 **Class 22**11:30am **Class 6-** 6:30pm	13 **Class 7 –** 6:30pm	14 **Class 8-** 11:30am Bring a Friend	15
16 **Class23-**11:30am **Class 9** 6:30pm	17 **Class 10** - 6:30p Bring a Friend!	18 **Class 1 -**11:30am **RD SM-** 6:30pm	19 **Class 2 -**11:30a **Class 11-** 6:30pm	20 **Class 12 –**6:30p	21 **Class-13** 11:30am	22
23 **Class 3 -11**:30a **Class 14** - 6:30p	24 **Class 15** - 6:30p Bring a Friend!	25 **Class 4 -**11:30am **RD Stand-**6:30p	26 **CLOSED!!** **Thanksgiving!**	27 **CIOSED!**	28 **CLOSED!!**	29
30 **Class 5** - 11:30a **Class 16** - 6:30p	DEC 1 **Class 17** - 6:30p	**DEC 2** **Class 6 -** 11:30am **RD Free -**6:30p	DEC 3 **Class 7** 11:30 **Class 18-** 6:30pm	DEC 4 **Class 19-** 6:30pm	DEC 5 **Class 20-** 11:30	**DEC 6**

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 Combativese Belt Qualification Requirements* handout for details.