



GRACIE COMBATIVES

Official Program Outline & Belt Qualification Card

GRACIE COMBATIVES				Rellex Development (RD) Classes			
Class Number / Attendance Verification / Techniques				Complete each Gracie Combatives class two times to qualify for RD Classes.			
1	Trap and Roll Escape – Mount 1	Leg Hook Takedown 6	Headlock Escape 1 – Side Mount Standing Armlock	Stripe 1	Stripe 2	Stripe 3	Stripe 4
2	Americana Armlock – Mount 2	Clinch (Aggressive Opponent) 7	Straight Armlock – Guard 19				
3	Positional Control – Mount 3	Body Fold Takedown 14	Double Ankle Sweep – Guard 20				
4	Take the Back + R.N.C. – Mount 4-5	Clinch (Conservative Opponent) 15	Headlock Escape 2 – Side Mount 22				
5	Punch Block Series (1-4) – Guard 8	Guillotine Choke (Standing) 23	Shrimp Escape – Side Mount 24				
6	Straight Armlock – Mount 9	Guillotine Defense 32	Body Fold Takedown 14				
7	Triangle Choke – Guard 10	Haymaker Punch Defense 30	Kimura Armlock – Guard 25				
8	Elevator Sweep – Guard 11	Rear Takedown 29	Punch Block Series (5) – Guard 27				
9	Elbow Escape – Mount 12	Pull Guard 21	Hook Sweep – Guard 28				
10	Positional Control – Side Mount 13	Double Leg Takedown (Aggressive) 17	Guillotine Defense 32				
11	Headlock Counters – Mount 16	Standing Headlock Defense 26	Take the Back – Guard 31				
			Standing Headlock Defense 26				
			Elbow Escape – Side Mount 33				
			Pull Guard 21				
			Twisting Arm Control – Mount 35				
			Rear Takedown 29				
			Double Underhook Pass – Guard 36				
			Double Leg Takedown (Conservative) 17				