GRACIE COMBATIVES® 2.0

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
Nov 2 **Class 6** - 8:00p	3 **Class 7** - 6:30p	4 **Class 8** - 8:00p	5 **Class 9** - 6:30p	6 **RD: Mount** - 6:30p **MCF: Back Mount** - 7:30p	7 **Class 10** - 10:00a
9 **Class 11** - 8:00p	10 **Class 12** - 6:30p	11 **Class 13** - 8:00p	12 **Class 14** - 6:30p	13 **RD: Guard** - 6:30p **MCF: Leg Locks** - 7:30p	14 **Class 15** - 10:00a
16 **Class 16** - 8:00p	17 **Class 17** - 6:30p	18 **Class 18** - 8:00p	19 **Class 19** - 6:30p	20 **RD: Side Mount** - 6:30p **MCF: Standing** - 7:30p	21 **Class 20** - 10:00a
23 **Class 21** - 8:00p	24 **Class 22** - 6:30p	25 **Class 23** - 8:00p	26 **CLOSED** for **Thanksgiving Holiday** We will reopen Monday, Nov 30th	27	28
30 **Class 1** - 8:00p	Dec 1 **Class 2** - 6:30p	2 **Class 3** - 8:00p	3 **Class 4** - 6:30p	4 **RD: Standing** - 6:30p **MCF: Mount** - 7:30p	5 **Class 5** - 10:00a
7 **Class 6** - 8:00p	8 **Class 7** - 6:30p	9 **Class 8** - 8:00p	10 **Class 9** - 6:30p	11 **RD: Freestyle** - 6:30p **MCF: Side Mount** - 7:30p	12 **Class 10** - 10:00a

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)

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 **Students MUST have GRACIE JIU-JITSU **18oz GLOVES** to participate in the Fight Simulation portion of class!*

Master Cycle Fundamentals Class (MCF) – NEW!!

Once you received your 3rd Stripe in GC, you qualify to attend MC Fundamentals Classes. You will learn the fundamental Master Cycle techniques beyond GC and have an opportunity to practice Positional Sparring drills, ensuring a smooth transition into regular Master Cycle classes. Attendance is highly recommended for those who qualify, however it is NOT mandatory. **Students MUST change into a clean Gracie gi if attending both RD and MCF class.*

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.

Gracie Combatives Belt Qualification Test

Once you have at least eight months of experience and you've perfected all the techniques, individually and in 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.

Bring a Friend to Class!

If you love the Gracie Combatives classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a FREE Gracie t-shirt just for helping us spread the word! See front desk for details.

www.GracieJiuJitsuFullerton.com | 721 N Placentia Ave. Fullerton, CA 92831 | (562) 665-5110 | GracieJiuJitsuFullerton@gmail.com