

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)

September 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>Closed for Labor Day</i>	3 Class 1 - 6:30p	4 Class 10 - 10:00a Class 2 - 8:00p <i>Bring a Friend!</i>	5 Class 3 - 6:30p	6 RD Class - 11:00a RD Class - 6:30p <i>Standing Focus</i>	7 Class 4 - 10:00a
9 Class 11 - 11:00a Class 5 - 8:00p	10 Class 6 - 6:30p	11 Class 12 - 10:00a Class 7 - 8:00p <i>Bring a Friend!</i>	12 Class 8 - 6:30p	13 <i>RD Classes CANCELED</i> Training at Gracie University HQ	14 Class 9 - 10:00a
16 Class 13 - 11:00a Class 10 - 8:00p	17 Class 11 - 6:30p	18 Class 14 - 10:00a Class 12 - 8:00p <i>Bring a Friend!</i>	19 Class 13 - 6:30p	20 RD Class - 11:00a RD Class - 6:30p <i>Mount Focus</i>	21 Class 14 - 10:00a
23 Class 15 - 11:00a Class 15 - 8:00p	24 Class 16 - 6:30p	25 Class 16 - 10:00a Class 17 - 8:00p <i>Bring a Friend!</i>	26 Class 18 - 6:30p	27 RD Class - 11:00a RD Class - 6:30p <i>Guard Focus</i>	28 Class 19 - 10:00a
30 Class 17 - 11:00a Class 20 - 8:00p	Sept 1 Class 21 - 6:30p	2 Class 18 - 10:00a Class 22 - 8:00p <i>Bring a Friend!</i>	3 Class 23 - 6:30p	4 RD Class - 11:00a RD Class - 6:30p <i>Side Mount Focus</i>	5 Class 1 - 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, & the 23 classes 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.