

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)

March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Class 18 - 6:30p	5 Class 3- 11:30a Class 19 - 7:30p	6 Class 4 - 11:30a RD Class - 8:00p Fight Sim Focus	7 Class 5 - 11:30a Class 20 - 7:00p	8	9 RD Class - 9:30a Fight Sim Focus Class 6 - 10:30a
11 Class 21 - 6:30p	12 Class 7 - 11:30a Class 22 - 7:30pm	13 Class 8 - 11:30a RD Class - 8:00p Mount Focus	14 Class 9 - 11:30a Class 23 - 7:00p	15	16 RD Class - 9:30a Mount Focus Class 10 - 10:30a Bring A Friend!
18 Class 1 - 6:30p Bring A Friend!	19 Class 11- 11:30a Class 2 - 7:30p	20 Class 12- 11:30a RD Class - 8:00p Guard Focus	21 Class 13 - 11:30a Class 3 - 7:00p	22	23 RD Class - 9:30a Guard Focus Class 14 - 10:30a
25 Class 4 - 6:30p	26 Class 15 - 11:30a Class 5 - 7:30p	27 Class 16 - 11:30a RD Class - 8:00p Side Mount Focus	28 Class 17 - 11:30a Class 6 - 7:00p	29	30 RD Class - 9:30a Side Mount Focus Class 18 - 10:30a

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 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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.

www.GracieUniversity.com/KeegoHarbor | 2801 Orchard Lake Rd. Keego Harbor, MI 48320 | 248-657-0121 | gjimichigan@gmail.com

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com