

## Overview

In this 20-minute introduction, Ryron and Renner discuss everything from “Bad Guy Reminders” to the Belt Qualification Requirements. Watch this before you begin training to get the most out of the Gracie Combatives course.

## Discussion Topics

### 1. The Evolution

- Phase I: Gracie Jiu-Jitsu created by Helio Gracie
- Phase II: Rorion Gracie showed the world the necessity for the techniques
- Phase III: Ryron and Renner Gracie teach the world the essentials of Gracie Jiu-Jitsu

### 2. What is Gracie Combatives?

- 36 essential techniques
- Most popular program at Gracie Academy
- Adopted by U.S. Army, Navy Seals, Secret Service, and FBI
- No experience necessary
- Taught under the premise that learner has no previous experience but techniques will also compliment the experienced martial artist

### 3. Three Most Common Questions:

- What Makes Gracie Jiu-Jitsu Unique?
  - Techniques based on leverage and timing instead of strength and speed
  - Anyone can learn, man or woman, regardless of athletic ability
  - Emphasizes preserving one's energy while forcing opponent to defeat self
- Why Not Use Groin Strikes & Eye Gouging?
  - Very unreliable means of victory
  - May make opponent more angry
  - The controlling techniques of Gracie Combatives are much more reliable
- How Does it Work Against Multiple Attackers?
  - Most martial art falsely claim to be effective against multiple attackers
  - Claims are based on perfect punches and kicks
  - There is no martial art that is fully reliable against multiple attackers

### 4. Getting Started

- Learn from home at your own pace
- It is recommended that you train at least twice a week
- 30 to 60 minutes of training time per lesson

### 5. Where to Train

- Padded carpet will work
- Use grappling mats if possible

### 6. What to Wear

- Techniques do not rely on Gi to be successfully applied
- Comfortable exercise attire will work
- Gi pants are preferred - Order Gi pants at [Store.GracieUniversity.com](http://Store.GracieUniversity.com)

### 7. The Perfect Partner

- Use Solo Preparation Drills when alone
- You will need a partner to develop true reflexes
- Find a partner who will be equally committed to the techniques

### 8. Dynamic Reflex Development™

- Each lesson is comprised of the following components:
  - Technical Slices™
  - Reflex Development Drill™
  - Fight Simulation Drill™
  - Mindset Minute

### 9. Safety Tips

- Warm up before each lesson
- Go slow and focus on details
- Speed is a result of practice
- Tap out to prevent injury
- Submissions - apply pressure slowly

### 10. “Bad Guy” Reminders

- Training partners must be committed to helping one another
- Resistance should be minimal at first and then increase gradually
- Do not hesitate to give feedback – coach each other

### 11. Gracie Combatives Belt Mindset

- Must master all 36 techniques individually and in every combination
- Focus on perfecting the 5 Gracie Combatives Proficiency Drills
- Practice each technique on the left and right side
- Go back and review previous whenever necessary

### 12. Gracie Combatives Belt Qualification Handbook

- Complete breakdown of the Gracie Combative course
- Take notes and track your progress to Gracie Combatives Belt
- Use it as a training guide when teaching others

### 13. Tournament Training vs. Street Training

- Most martial arts are designed for sportive tournaments
- Gracie Combatives is designed entirely for real fights
- During practice remember to keep it real

### 14. Indicator Mastery

- “Indicators” are the movements that trigger your employment of a technique
- Focus on learning the specific Indicators for each variation of each technique
- Once all Indicator responses are reflexive you will qualify for Gracie Combatives Belt