

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)

May – June 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 6 RD Class – 8:00pm (Mount)	7 Class 8 – 11:30am Class 1 – 6:30pm Bring a friend!	8 RD Class – 12:30am (Mount) Class 2 – 8:00pm	9 Class 9 – 11:30am Class 3 – 6:30pm	10	11 Class 10 – 10:00am Bring a Friend!
13 RD Class – 8:00pm (Guard)	14 Class 11 – 11:30am Class 4 – 6:30pm Bring a friend!	15 RD Class – 12:30am (Guard) Class 5 – 8:00pm	16 Class 12 – 11:30am Class 6 – 6:30pm	17	18 Class 13 – 10:00am Bring a Friend!
20 RD Class – 8:00pm (Side Mount)	21 Class 14 – 11:30am Class 7 – 6:30pm Bring a friend!	22 RD Class – 12:30am (Side Mount) Class 8 - 8:00pm	23 Class 15 – 11:30am Class 9 – 6:30pm	24	25 Class 16 – 10:00am Bring a Friend!
27 RD Class – 8:00pm (Standing)	28 Class 17 – 11:30am Class 10 – 6:30pm Bring a friend!	29 RD Class – 12:30am (Standing) Class 11 – 8:00 pm	30 Class 18 - 11.30am Class 12 – 6.30pm	31	JUNE 1 Class 19 – 10:00am Bring a Friend!
3 RD Class – 8:00pm (Freestyle)	4 Class 20 – 11:30am Class 13 – 6:30pm Bring a friend!	5 RD Class – 12:30am (Freestyle) Class 14 – 8:00pm	6 Class 21- 11.30am Class 15 – 6.30pm	7	8 Class 22 – 10:00am Bring a Friend!
10 KINGS BIRTHDAY PUBLIC HOLIDAY – NO CLASSES	11 Class 23 – 11:30am Class 16 – 6:30pm Bring a friend!	12 RD Class – 12:30am (Mount) Class 17 – 8:00pm	13 Class 1 - 11.30am Class 18 – 6.30pm	14	15 Class 2 – 10:00am Bring a Friend!

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.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com