

GRACIE COMBATIVES®

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

July 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1st Class 7 – 7:20PM JG 4 Take Back, Mount LC 6 Crocodile	2 Class 7 – 5:30PM Class 13 – 6:00AM	3 Class 8 – 7:20PM JG 5 Leg hook Takedown LC 7 Base Battle	4 Closed Happy 4th!	5	6 Class 21 – 10:00AM RD Side Mount – 11:00AM JG 20 HLE 2
8 Class 9 – 7:20PM JG 6 Clinch Aggressive LC 8 Snake Bite	9 Class 9 – 5:30PM Class 15 – 6:00AM	10 Class 10 – 7:20PM JG 7 Punch Block 1-4 LC 9 Guard Monster	11 Class 10 – 5:30PM Class 16 – 6:00AM	12	13 Class 22 – 10:00AM RD Standing – 11:00AM JG 19 Pull Guard
15 Class 11 – 7:20PM JG 8 Straight Arm lock LC 10 Crazy Legs	16 Class 11 – 5:30PM Class 17 – 6:00AM	17 Closed	18 Closed	19	20 Closed
22 Class 12 – 7:20PM JG 9 Elevator Sweep LC 1 Spider Kid	23 Class 12 – 5:30PM Class 18 – 6:00AM	24 Class 13 – 7:20PM JG 10 Elbow Escape LC 2 Shark Bite	25 Class 13 – 5:30PM Class 19 – 6:00AM	26	27 Class 23 – 10:00AM RD Freestyle – 11:00AM JG 18 Double Ankle Sweep
29 Class 14 – 7:20PM JG 11 Side Mt. Cont. LC 3 Bulldozer	30 Class 14 – 5:30PM Class 20 – 6:00AM	31 Class 15 – 7:20PM JG 12 Body Fold LC 4 Crazy Horse	August 1st Class 15 – 5:30PM Class 21 – 6:AM	2	3 Class 1 – 10:00AM RD Mount – 11:00AM JG 17 Straight Armlock

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 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.