

# GRACIE COMBATIVES®

JUNE 2024

23 Classes	36 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 6)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)
6	<b>Straight Armlock – Mount</b> (GU 9) Guillotine Defense (GU 32)
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armlock (GU 34)
13	<b>Straight Armlock – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)
16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)
17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)
18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)
19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)
20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)
21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)
22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)
23	<b>Double Underhook Pass – Guard</b> (GU 36) Double Leg Takedown (Conservative) (GU 17)

Tuesday	Thursday	Friday	Saturday
<b>4 June</b>  <b>Class 6</b> - 6:00pm-7:00pm Bring a Friend!	<b>6</b>  <b>Class 7</b> - 7:00pm-8:00pm Bring a Friend!	<b>7</b>  <b>Class 8</b> - 6:30pm - 7:30pm  <b>No RD Class</b> this Friday!	<b>8</b>  <b>RD Class</b> - 12:30pm – 1:30pm Standing Focus  <b>Class 9</b> - 1:30pm - 2:30pm
<b>11</b>  <b>Class 10</b> - 6:00pm-7:00pm Bring a Friend!	<b>13</b>  <b>Class 11</b> - 7:00pm-8:00pm Bring a Friend!	<b>14</b>  <b>Class 12</b> - 6:30pm - 7:30pm  <b>RD Class</b> - 7:30pm – 8:30pm Fight Sim Focus	<b>15</b>  <b>RD Class</b> - 12:30pm – 1:30pm F Fight Sim Focus  <b>Class 13</b> - 1:30pm - 2:30pm
<b>18</b>  <b>Class 14</b> - 6:00pm-7:00pm Bring a Friend!	<b>20</b>  <b>Class 15</b> - 7:00pm-8:00pm Bring a Friend!	<b>21</b>  <b>Class 16</b> - 6:30pm - 7:30pm  <b>RD Class</b> - 7:30pm – 8:30pm Mount Focus	<b>22</b>  <b>RD Class</b> - 12:30pm – 1:30pm Mount Focus  <b>Class 17</b> - 1:30pm - 2:30pm
<b>25</b>  <b>Class 18</b> - 6:00pm-7:00pm Bring a Friend!	<b>27</b>  <b>Class 19</b> - 7:00pm-8:00pm Bring a Friend!	<b>28</b>  <b>Class 20</b> - 6:30pm - 7:30pm  <b>RD Class</b> - 7:30pm – 8:30pm Guard Focus	<b>29</b>  <b>RD Class</b> - 12:30pm – 1:30pm Guard Focus  <b>Class 21</b> - 1:30pm - 2:30pm
<b>2 July</b>  <b>Class 22</b> - 6:00pm-7:00pm Bring a Friend!	<b>4</b>  <b>Class 23</b> - 7:00pm-8:00pm Bring a Friend!	<b>5</b>  <b>Class 1</b> - 6:30pm - 7:30pm  <b>RD Class</b> - 7:30pm – 8:30pm Side Mount Focus	<b>6</b>  <b>RD Class</b> - 12:30pm – 1:30pm Side Mount Focus  <b>Class 2</b> - 1:30pm - 2:30pm

### 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!