

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)

Tuesday	Thursday	Friday	Saturday
28	29	1 March Class 1 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Mount Focus	2 RD Class - 12:30pm – 1:30pm Mount Focus Class 2 - 1:30pm - 2:30pm
5 Class 3 - 6:00pm-7:00pm Bring a Friend!	7 Class 4 - 6:40pm-7:40pm	8 Class 5 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Guard Focus	9 RD Class - 12:30pm – 1:30pm Guard Focus Class 6 - 1:30pm - 2:30pm
12 Class 7 - 6:00pm-7:00pm Bring a Friend!	14 Class 8 - 6:40pm-7:40pm	15 Class 9 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Side Mount Focus	16 RD Class - 12:30pm – 1:30pm Side Mount Focus Class 10 - 1:30pm - 2:30pm
19 Class 11 - 6:00pm-7:00pm Bring a Friend!	21 Class 12 - 6:40pm-7:40pm	22 Class 13 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Standing Focus	23 RD Class - 12:30pm – 1:30pm Standing Focus Class 14 - 1:30pm - 2:30pm
26 Class 15 - 6:00pm-7:00pm Bring a Friend!	28 Class 16 - 6:40pm-7:40pm	29 Good Friday – special training	30 Easter holidays we are closed

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, 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