

GRACIE COMBATIVES®

MAR/APR 2026

23 Classes	36 Essential Techniques	Tuesday	Thursday	Friday	Saturday
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)	3 Mar Class 10 - 6:00pm-7:00pm Bring a Friend!	5 Class 11 - 8:30pm-9:30pm Bring a Friend!	6 Class 12 - 5:30pm - 6:30pm RD Class No class due to Gym event (only this Friday)	7 RD Class - 1:00pm – 2:00pm Standing Focus Class 13 - 2:00pm - 3:00pm
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)	10 Class 14 - 6:00pm-7:00pm Bring a Friend!	12 Classes are cancelled due to Footscary seminar	13 Class 15 - 5:30pm - 6:30pm RD Class - 6:30pm – 7:30pm Fight Sim Focus	14 RD Class - 1:00pm – 2:00pm Fight Sim Focus Class 16 - 2:00pm - 3:00pm
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)	17 Class 17 - 6:00pm-7:00pm Bring a Friend!	19 Class 18 -8:30pm-9:30pm Bring a Friend!	20 Class 19 - 5:30pm - 6:30pm RD Class - 6:30pm – 7:30pm Mount Focus	21 RD Class - 1:00pm – 2:00pm Mount Focus Class 20 - 2:00pm - 3:00pm
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)	24 Class 21 - 6:00pm-7:00pm Bring a Friend!	26 Class 22 - 8:30pm-9:30pm Bring a Friend!	27 Class 23 - 5:30pm - 6:30pm RD Class - 6:30pm – 7:30pm Guard Focus	28 RD Class - 1:00pm – 2:00pm Guard Focus Class 1 - 2:00pm - 3:00pm
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)	31 Class 2 - 6:00pm-7:00pm Bring a Friend!	2 Apr Class 3 - 8:30pm-9:30pm Bring a Friend!	3 11:30am – 13:00 Easter Good Friday Special training	4 Easter Break We are closed
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)				

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!

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com