# **GRACIE COMBATIVES**<sup>®</sup>

1   Trap & Roll Escape – Mount (GU 1)*     1   Leg Hook Takedown (GU 6)     2   Americana Armlock – Mount (GU 2)     2   Clinch (Aggressive Opponent) (GU 7)     3   Body Fold Takedown (GU 14)     4   Take the Back + R.N.C. – Mount (GU 4)     5   Punch Block Series (1-4) – Guard (GU 8)     6   Guillotine Choke (Standing) (GU 23)     6   Armbar – Mount (GU 9)     7   Triangle Choke – Guard (GU 10)     8   Elevator Sweep – Guard (GU 11)     8   Rear Takedown (GU 29)     9   Elbow Escape – Mount (GU 12)     9   Pull Guard (GU 21)     10   Positional Control – Side Mount (GU 13)     11   Rear Takedown (GU 29)     9   Elbow Escape – Mount (GU 16)     11   Headlock Counters – Mount (GU 13)     10   Double Leg Takedown (Aggressive) (GU 17)     11   Headlock Escape 1 – Side Mount (GU 18)     12   Headlock Escape 1 – Side Mount (GU 18)     13   Armbar – Guard (GU 19)     14   Double Leg Takedown (GU 20)     15   Headlock Escape 2 – Side Mount (GU 23)     16   Shrimp	23	24 Feenwild Techniques				
1   Leg Hook Takedown (GU 6)     2   Americana Armlock – Mount (GU 7)     3   Positional Control – Mount (GU 3)     Body Fold Takedown (GU 14)   1     4   Take the Back + R.N.C. – Mount (GU 4+ 5)     Clinch (Conservative Opponent) (GU 15)   2     5   Punch Block Series (1-4) – Guard (GU 8)     Guillotine Choke (Standing) (GU 23)   3     6   Armbar – Mount (GU 9)     6   Armbar – Mount (GU 9)     7   Triangle Choke – Guard (GU 10)     7   Haymaker Punch Defense (GU 30)     8   Elevator Sweep – Guard (GU 11)     8   Rear Takedown (GU 29)     9   Elbow Escape – Mount (GU 12)     Pull Guard (GU 21)   Pull Guard (GU 21)     10   Positional Control – Side Mount (GU 13)     11   Headlock Counters – Mount (GU 16)     12   Standing Armbar (GU 34)     13   Armbar – Guard (GU 19)     14   Double Ankle Sweep – Guard (GU 20)     15   Headlock Escape 2 – Side Mount (GU 23)     16   Shrimp Escape – Side Mount (GU 24)     17   Leg Hook Takedown (GU 14)     18   Wimmar Arm	Classes	36 Essential Techniques				
2   Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)     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 24) Body Fold Takedown (GU 14)     16   Shrimp Escape – Side Mount (GU 27) Haymaker Punch Defense (GU 30)     19   Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)     20   Take the Back – Guard (GU 23)     21   Elebow Escape – Side Mount (GU 33) Pull Guard (GU 21)     22	1					
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 Escape 1 – Side Mount (GU 18)     Standing Headlock Defense (GU 26)     12   Headlock Escape 1 – Side Mount (GU 13)     Double Ankle Sweep – 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 24)     Body Fold Takedown (GU 14)     17   Leg Hook Takedown						
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 13) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)     14   Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)     15   Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 14)     17   Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)     19   Hook Sweep – Guard (GU 28) Guillotine Defense (GU 30)     19   Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)     20   Take the Back – Guard (GU 21) Yaymaker Punch Defense (GU 26)     21   Elbow Escape – Side Mount (GU 23) Pull Guard (GU 21)     22   Twisting Arm	2					
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 - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)     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 24) Body Fold Takedown (GU 14)     17   Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6)     19   Hook Sweep - Guard (GU 28) Guillotine Defense (GU 30)     19   Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)     20   Take the Back - Guard (GU 28) Guillotine Defense (GU 32)     21   Take the Back - Guard (GU 31) Standing Headlock D						
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4   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 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 31) Standing Headlock Defense (GU 26)     21   Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)     22   Take the Back – Guard (GU 23) Pull Guard (GU 21)     23   Take the Back – Guard (GU 23) Pull Guard (GU 21)		Body Fold Takedown (GU 14)				
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6   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 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 21) 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)     20   Take the Back – Guard (GU 29)     20   Take the Back – Guard (GU 21) Pull Guard (GU 21)     22   Twisting Arm Control – Mount (						
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7   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 44)     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 21) Guillotine Defense (GU 32)     20   Take the Back – Guard (GU 21) 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)	_					
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 21) Standing Headlock Defense (GU 23)     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)   Double Linderbook Pass – Guard (GU 36) Rear Takedown (GU 29)	7					
8   Rear Takedown (GU 29)     9   Elbow Escape – Mount (GU 12)     Pull Guard (GU 21)   Positional Control – Side Mount (GU 13)     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)     Double Ankle Sweep – Guard (GU 20)     Guillotine Choke (Guard Pull) (GU 23)     14   Double Ankle Sweep – Guard (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     21   Elbow Escape – Side Mount (GU 33)     Pull Guard (GU 21)   Twisting Arm Control – Mount (GU 33)     Pull Guard (GU 21)   Twisting						
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10   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 25) Leg Hook 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 21) Standing Headlock Defense (GU 26)     21   Elbow Escape - Side Mount (GU 31) Standing Headlock Defense (GU 32)     22   Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)     20   Twisting Arm Control - Mount (GU 33) Pull Guard (GU 21)     22   Towating Arm Control - Mount (GU 35) Rear Takedown (GU 29)						
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11   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 25) Leg Hook 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 21) Standing Headlock Defense (GU 26)     21   Elbow Escape – Side Mount (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21)     22   Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)     20   Twisting Arm Control – Mount (GU 35)						
12Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)13Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)15Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)16Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)18Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)20Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)	11					
12   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)   Double Underbook Pass – Guard (GU 36)						
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)     Double Underbook Pass – Guard (GU 36)	12					
13   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)     Double Underbook Pass – Guard (GU 36)						
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)     Double Underbook Pass – Guard (GU 136)	13					
14   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)   Double Underbook Pass – Guard (GU 36)						
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)     24   Double Underbook Pass - Guard (GU 36)	14					
15   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)     Double Underbook Pass – Guard (GU 36)						
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)     Double Underbook Pass – Guard (GU 36)	15					
16   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)     Double Underbook Pass – Guard (GU 36)						
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 22)     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)     Double Underbook Pass – Guard (GU 36)	16					
17   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)     Double Underbook Pass – Guard (GU 36)	17					
18 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)   20 Double Underbook Pass - Guard (GU 36)						
18 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)   20 Double Underbook Pass - Guard (GU 36)	40	Punch Block Series (5) – Guard (GU 27)				
19 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)   Double Underbook Pass – Guard (GU 36)	18					
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)     Twisting Arm Control – Mount (GU 35)     Rear Takedown (GU 29)     Double Underbook Pass – Guard (GU 36)	19	Hook Sweep – Guard (GU 28)				
20 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)   Double Underbook Pass – Guard (GU 36)		Guillotine Defense (GU 32)				
21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)   22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)   Double Underbook Pass – Guard (GU 36)	20	Take the Back – Guard (GU 31)				
21 Pull Guard (GU 21)   22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)   Double Underbook Pass – Guard (GU 36)						
Pull Guard (GU 21)   22 Twisting Arm Control – Mount (GU 35)   Rear Takedown (GU 29)   Double Underbook Pass – Guard (GU 36)	21	Elbow Escape – Side Mount (GU 33)				
Rear Takedown (GU 29)		Pull Guard (GU 21)				
Rear Takedown (GU 29)	22	Twisting Arm Control – Mount (GU 35)				
Double Underhook Pass – Guard (GU 36)		Rear Takedown (GU 29)				
	23	Double Underhook Pass – Guard (GU 36)				
Double Leg Takedown (Conservative) (GU 17)		Double Leg Takedown (Conservative) (GU 17)				

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

July 2024							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Jul 1 Class 14– 5:45p	2 <b>Class 15</b> – 7:30p	3 <b>Class 16</b> - 6:45p Bring a Friend!	4 CLOSED FOR INDIPENDANCE DAY!	5 <b>RD Side Mount</b> - 5:30p	6 <b>Class 17</b> - 10:15a Bring a Friend!		
8 <b>Class 18</b> – 5:45p	9 <b>Class 19</b> – 7:30p	10 <b>Class 20</b> - 6:45p Bring a Friend!	11 <b>Class 21</b> - 8:00p	12 RD Standing - 5:30p	13 Class 22 - 10:15a Bring a Friend!		
15 <b>Class 23</b> – 5:45p	16 <b>Class 1</b> – 7:30p	17 <b>Class 2</b> - 6:45p Bring a Friend!	18 <b>Class 3</b> - 8:00p	19 <b>RD Freestyle</b> - 5:30p	20 <b>Class 4</b> - 10:15a Bring a Friend!		
22 CLOSED FOR SUMMER BREAK	23 CLOSED FOR SUMMER BREAK	24 CLOSED FOR SUMMER BREAK	25 CLOSED FOR SUMMER BREAK	26 CLOSED FOR SUMMER BREAK	27 CLOSED FOR SUMMER BREAK		
29 CLOSED FOR SUMMER BREAK	30 CLOSED FOR SUMMER BREAK	31 CLOSED FOR SUMMER BREAK	Aug 1 Class 5 - 8:00p	Aug 2 RD Mount - 5:30p	Aug 3 CLASSES CANCELED FOR WOMENERED WORLDWIDE SEMINAR		
Aug 5 Class 6 – 5:45p	Aug 6 Class 7 – 7:30p	Aug 7 Class 8 - 6:45p Bring a Friend!	Aug 8 Class 9 - 8:00p	Aug 9 RD Guard - 5:30p	Aug 10 Class 10 - 10:15a 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 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.

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