GRACIE COMBATIVES[®]

23 Classes36 Essential Techniques1Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)2Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (GU 26)11Headlock Counters – Mount (GU 13) Double Leg Takedown (GU 26)12Headlock Escape 1 – Side Mount (GU 18) Standing Armbar – 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 23)16Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 24) Body Fold Takedown (GU 25) Leg Hook Takedown (GU 26)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 28) Guillotine Defense (GU 28) Guillotine Defense (GU 28) Guillotine Defense (GU 28) Guillotine Defense (GU 30)21Elbow Escape – Side Mount (GU 33) Pult Guard (GU 21)22Take the Back – Guard (GU 28) Guillotine Defense (GU 26)23 <th>22</th> <th></th>	22	
1 Leg Hook Takedown (GU 6) 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 6) 16 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 6) 17 Kimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30) 18 Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 26)	23 Classes	•
Leg Hook Takedown (GU 6)2Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Ellow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 24) Body Fold Takedown (GU 4)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 28) Guillotine Defense (GU 30)19Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)20Take the Back – Guard (GU 21) 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)20Double Underhook Pass – Guard (GU 36)	1	
2Clinch (Aggressive Opponent) (GU 7)3Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 – Side Mount (GU 18) Standing Armbar – 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 24) Body Fold Takedown (GU 14)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 14)17Kimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 22)20Take the Back – Guard (GU 23)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)23Double Underhook Pass – Guard (GU 36)		
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 24) Body Fold Takedown (GU 14) 16 Shrimp Escape – Side Mount (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 32) 20 Take the Back – Guard (GU 31) St	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 (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 4) 16 Shrimp Escape - Side Mount (GU 25) Leg Hook Takedown (GU 6) 17 Kimura Armlock - Guard (GU 28) Guillotine Defense (GU 30) 19 Hook Sweep - Guard (GU 28) Guillotine Defense (GU 26) 20 Take the Back - Guard (GU 28) Guillotine Defense (GU 32) 20 Take the Back - Guard (GU 31) Standing Headlock Defense (GU 32) <tr< th=""><td></td></tr<>		
4Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar - Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape - Mount (GU 12) Pull Guard (GU 21)10Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 - Side Mount (GU 18) Standing Armbar (GU 34)13Armbar - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Leg Takedown (GU 20) Guilotine 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 21) Standing Headlock Defense (GU 26)21Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control - Mount (GU 33) Pull Guard (GU 21)23Double Underhook Pass - Guard (GU 36)	3	
4Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 – Side Mount (GU 18) Standing Headlock Defense (GU 20) Guillotine Choke (Guard Pull) (GU 23)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 24) Body Fold Takedown (GU 14)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 26)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 21) Standing Headlock Defense (GU 32)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Tok the Back – Guard (GU 23)23Double Underhook Pass – Guard (GU 36)		
5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 28) Guillotine Defense (GU 30)19Hook Sweep – Guard (GU 23)20Take the Back – Guard (GU 23) Standing Headlock Defense (GU 30)21Elbow Escape – Side Mount (GU 31) Standing Headlock Defense (GU 26)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Take the Back – Guard (GU 23) Pull Guard (GU 21)23Double Underhook Pass – Guard (GU 36)	4	
5 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 28) Guillotine Defense (GU 30) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) 20 Take the Back – Guard (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)		
6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 28) Guillotine Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)20Take the Back – Guard (GU 23) Standing Headlock Defense (GU 32)21Elbow Escape – Side Mount (GU 31) Standing Headlock Defense (GU 36)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Take the Back – Guard (GU 35) Rear Takedown (GU 29)23Double Underhook Pass – Guard (GU 36)	5	
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 28) Guillotine Defense (GU 30) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) 20 Take the Back – Guard (GU 21) Standing Headlock Defense (GU 30) Pull Guard (GU 21) 21 Elbow Escape – Side Mount (GU 35) Rear Takedown (GU 29) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)		
7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 28) Guillotine Defense (GU 30)19Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)20Take the Back – Guard (GU 23) Standing Headlock Defense (GU 30)21Elbow Escape – Side Mount (GU 31) Standing Headlock Defense (GU 32)22Take the Back – Guard (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21)22Double Underhook Pass – Guard (GU 35) Rear Takedown (GU 29)	6	
7Haymaker Punch Defense (GU 30)8Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape - Mount (GU 12) Pull Guard (GU 21)10Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)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 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 23)20Take the Back - Guard (GU 23) Guillotine Defense (GU 32)21Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)23Double Underhook Pass - Guard (GU 36)		
Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 28) Guillotine Defense (GU 30)19Hook Sweep – Guard (GU 23)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)23Double Underhook Pass – Guard (GU 36)	7	Triangle Choke – Guard (GU 10)
8 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 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) 32 Double Underhook Pass – Guard (GU 36)		Haymaker Punch Defense (GU 30)
9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 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)23Double Underhook Pass – Guard (GU 36)	8	
9Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 24) Body Fold Takedown (GU 14)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 26)18Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 23) Guillotine Defense (GU 32)20Take the Back – Guard (GU 21) 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)23Double Underhook Pass – Guard (GU 36)		Rear Takedown (GU 29)
10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)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 24) Body Fold Takedown (GU 14)16Shrimp Escape – Side Mount (GU 25) Leg Hook Takedown (GU 26)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 21) 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)23Double Underhook Pass – Guard (GU 36)	9	Elbow Escape – Mount (GU 12)
10Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)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 30)19Hook Sweep - Guard (GU 28) Guillotine Defense (GU 30)20Take the Back - Guard (GU 21) 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)23Double Underhook Pass - Guard (GU 36)		
11Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)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 24) Body Fold Takedown (GU 14)17Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 26)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)23Double Underhook Pass - Guard (GU 36)	10	
11Standing Headlock Defense (GU 26)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 28) Guillotine Defense (S) - 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)23Double Underhook Pass - Guard (GU 36)		
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 25) Leg Hook 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)23Double Underhook Pass – Guard (GU 36)	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 28) Guillotine Defense (S) – 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)	12	
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 28)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)23Double Underhook Pass - Guard (GU 36)		
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) 23 Double Underhook Pass – Guard (GU 36)	13	
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) 		
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) 23 Double Underhook Pass – Guard (GU 36)	14	
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)		
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) 23 Double Underhook 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) 23 Double Underhook Pass – Guard (GU 36)		
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) 23 Double Underhook Pass – Guard (GU 36)		Shrimn Essana Sida Mount (CU 24)
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)		
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) 23 Double Underhook Pass – Guard (GU 36)		
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)	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) 23 Double Underhook Pass – Guard (GU 36)	18	
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)		
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) 23 Double Underhook Pass – Guard (GU 36)	19	
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)		
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) 23 Double Underhook Pass – Guard (GU 36)	20	
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)		
21 Pull Guard (GU 21) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)	21	
22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)		
Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	22	
Double Underhook Pass – Guard (GU 36)		
72		
Double Leg Takedown (Conservative) (GU 17)	23	
		Double Leg Takedown (Conservative) (GU 17)

July 2024 Wednesday Thursday Friday Saturday Monday Tuesday 1 2 3 4 5 6 Class 15 - 7:00p Class 16 - 7:00p Private Lessons - 10:00a RD Side Mount - 8:00p **Closed Fourth of July Closed Fourth of July** Private Lessons - 10:30a Weekend Weekend Testing - 11:00a 9 10 11 12 13 8 Class 17 - 7:00p Class 18 - 7:00p Class 19 - 7:00p Private Lessons - 10:00a RD Standing - 8:00p Private Lessons - 10:30a Testing - 11:00a 18 16 17 20 15 19 Class 20 - 7:00p Class 21 - 7:00p Class 22 - 7:00p Private Lessons - 10:00a RD Freestyle - 8:00p Private Lessons - 10:30a Testing - 11:00a 23 25 27 22 24 26 Class 23 - 7:00p Class 1 - 7:00p Class 2 - 7:00p Private Lessons - 10:00a RD Mount - 8:00p Private Lessons - 10:30a Testing - 11:00a 29 30 31 Class 3 - 7:00p Class 4 - 7:00p Open Mat - 8:00p

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, so you can watch your lessons from any computer or mobile device. You also get access our free GymDesk mobile app that allows you to track attendance on your "digital attendance card" and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, 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.

Bring a Friend to Class!

If you love the Gracie Combatives classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great time. If they live within 10 miles of our school, we'll hook you up with a free Gracie t-shirt just for helping us spread the word! See front desk for details.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com