

GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap & 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	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 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)

February 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Class 4 – 6:10pm	28 Open Mat – 10:00am Class 18 – 11:00am	29 Class 5 – 6:10pm Bring a Friend!	30 Class 19 – 11:00am RD Class- 6:10pm Side Mount Focus	31	Feb 1 Open Mat – 8:00am RD Class – 9:00am Standing Focus
3 Class 6 – 6:10pm	4 Open Mat – 10:00am Class 20 – 11:00am	5 Class 7 – 6:10pm Bring a Friend!	6 Class 21 – 11:00am RD Class- 6:10pm Freestyle Focus	7	8 Open Mat – 8:00am RD Class – 9:00am Testing Drills (1 & 3)
10 Class 8 – 6:10pm	11 Open Mat – 10:00am Class 22 – 11:00am	12 Class 9 – 6:10pm Bring a Friend!	13 Class 23 – 11:00am RD Class- 6:10pm Testing Drills (2 & 4)	14	15 Open Mat – 8:00am RD Class – 9:00am Mount Focus
17 Presidents Day No Class	18 Open Mat – 10:00am Class 1 – 11:00am	19 Class 10 – 6:10pm Bring a Friend!	20 Class 2 – 11:00am RD Class- 6:10pm Guard Focus	21	22 Open Mat – 8:00am RD Class – 9:00am Side Mount Focus
24 Class 11 – 6:10pm	25 Open Mat – 10:00am Class 3 – 11:00am	26 Class 12 – 6:10pm Bring a Friend!	27 Class 4 – 11:00am RD Class- 6:10pm Standing	28	Mar 1 Open Mat – 8:00am RD Class – 9:00am Freestyle Focus
3 Class 13 – 6:10pm	4 Open Mat – 10:00am Class 5 – 11:00am	5 Class 14 – 6:10pm Bring a Friend!	6 Class 6 – 11:00am RD Class- 6:10pm Testing Drills (1 & 3)	7	8 Open Mat – 8:00am RD Class – 9:00am Testing Drills (2 & 4)

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.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

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.