

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)

Gracie Combatives Belt Qualification Test

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

OCTOBER / NOVEMBER 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 21 Class 13: 700PM-800PM	22 Class 14: 545PM – 645PM	23 RD: 545PM – 645PM <u>Mount Focus</u>	24 Class 15: 545PM – 645PM	25 Class 16: 545PM – 645PM RD: 700PM-800PM <u>Freestyle Focus</u>	26 Class 8: 1015AM-1115AM
28 Class 17: 700PM-800PM	29 Class 18: 545PM – 645PM	30 RD: 545 – 645PM <u>Guard Focus</u>	31 CLOSED	NOVEMBER 1 Class 19: 545PM – 645PM RD: 700PM-800PM <u>Side Mount Focus</u>	2 Class 1: 1015AM-1115AM
4 Class 20: 700PM-800PM	5 Class 21: 545PM – 645PM	6 RD: 545 – 645PM <u>Side Mount Focus</u>	7 Class 22: 545PM-645PM	8 Class 23: 545PM-645PM RD: 700PM-800PM <u>Mount Focus</u>	9 Class 11: 1015AM-1115AM
11 CLOSED VETERANS DAY	12 Class 1: 545PM – 645PM	13 RD: 545 – 645PM <u>Standing Focus</u>	14 Class 2: 545PM – 645PM	15 Class 3: 545PM – 645PM RD: 700PM-800PM <u>Guard Focus</u>	16 Class 10: 1015AM-1115AM
18 Class 4: 700PM-800PM	19 Class 5: 545PM-645PM	20 RD: 545 – 645PM <u>Freestyle Focus</u>	21 Class 6: 545PM – 645PM	22 Class 7: 545PM – 645PM RD: 700PM-800PM <u>Standing Focus</u>	23 Class 17: 1015AM-1115AM
25 Class 8: 700PM-800PM	26 Class 9: 545PM - 645PM	27 CLOSED	28 CLOSED THANKSGIVING	29 CLOSED	30 CLOSED

WE WILL BE CLOSED ON OCTOBER 31ST, NOVEMBER 11TH AND NOVEMBER 27TH – 30TH, 2024

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.

Once you complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.