

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

FEBRUARY / MARCH / APRIL 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 24 Class 6: 700PM-800PM	25 Class 7: 545PM – 645PM	26 RD: 545PM – 645PM <u>Side Mount Focus</u>	27 Class 8: 545PM – 645PM	28 Class 9: 545PM – 645PM	MARCH 1 Class 19: 1015AM-1115AM
3 Class 10: 700PM-800PM	4 Class 11: 545PM – 645PM	5 RD: 545PM – 645PM <u>Guard Focus</u>	6 Class 12: 545PM-645PM	7 Class 13: 545PM – 645PM	8 Class 23: 1015AM-1115AM
10 Class 14: 700PM-800PM	11 Class 15: 545PM – 645PM	12 RD: 515PM – 615PM <u>Standing Focus</u> MCF: 615PM-700PM	13 Class 16: 545PM-645PM	14 Class 17: 545PM – 645PM	15 Class 4: 1015AM-1115AM
17 Class 18: 700PM-800PM	18 Class 19: 545PM-645PM	19 RD: 515PM – 615PM <u>Freestyle Focus</u> MCF: 615PM-700PM	20 Class 20: 545PM – 645PM	21 Class 21: 545PM – 645PM	22 Class 8: 1015AM-1115AM
24 Class 22: 700PM-800PM	25 Class 23: 545PM-645PM	26 RD: 515PM – 615PM <u>Mount Focus</u> MCF: 615PM-700PM	27 Class 1: 545PM – 645PM	28 Class 2: 545PM – 645PM	29 Class 12: 1015AM-1115AM
31 Class 3: 700PM-800PM	APRIL 1 Class 4: 545PM - 645PM	2 RD: 515PM-615PM <u>Side Mount Focus</u> MCF: 615PM-700PM	3 Class 5: 545PM-645PM	4 Class 6: 545PM-645PM	5 Class 7: 1015AM-1115AM

TIME CHANGE FOR RD STARTING MARCH 12TH. NEW MASTER CYCLE FUNDAMENTALS CLASS STARTING MARCH 12, 615PM TO 700PM.

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) – Two stripes required

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!

Master Cycle Fundamentals (MCF) – Three stripes required

Once you have earned at least three stripes on your white belt and have attended several RD classes, you will be able to attend Master Cycle Fundamentals. This will prepare you for attending the Master Cycle once you pass your Gracie Combatives Test!