

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

APRIL / MAY 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 7 Class 7: 700PM-800PM	8 Class 8: 545PM – 645PM	9 RD: 515PM – 615PM Mount Focus MCF: 615PM-700PM	10 Class 9: 545PM – 645PM	11 Class 10: 545PM – 645PM	12 Class 20: 1015AM-1115AM
14 Class 11: 700PM-800PM	15 Class 12: 545PM – 645PM	16 RD: 515PM – 615PM Guard Focus MCF: 615PM-700PM	17 HOLIDAY CLOSED	18 HOLIDAY CLOSED	19 HOLIDAY CLOSED
21 Class 13: 700PM-800PM	22 Class 14: 545PM – 645PM	23 RD: 515PM – 615PM Standing Focus MCF: 615PM-700PM	24 Class 15: 545PM-645PM	25 Class 16: 545PM – 645PM	26 Class 3: 1015AM-1115AM
28 Class 17: 700PM-800PM	29 Class 18: 545PM-645PM	30 RD: 515PM – 615PM Freestyle Focus MCF: 615PM-700PM	MAY 1 Class 19: 545PM – 645PM	2 Class 20: 545PM – 645PM	3 Class 7: 1015AM-1115AM
5 Class 21: 700PM-800PM	6 Class 22: 545PM-645PM	7 RD: 515PM – 615PM Side Mount Focus MCF: 615PM-700PM	8 Class 23: 545PM – 645PM	9 Class 1: 545PM – 645PM	10 Class 11: 1015AM-1115AM
12 Class 2: 700PM-800PM	13 Class 3: 545PM - 645PM	14 RD: 515PM-615PM Mount Focus MCF: 615PM-700PM	15 Class 4: 545PM-645PM	16 Class 5: 545PM-645PM	17 Class 15: 1015AM-1115AM

HOLIDAY CLOSURE APRIL 17TH – APRIL 20TH, 2025

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!