

# GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 6)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)
6	<b>Straight Armlock – Mount</b> (GU 9) Guillotine Defense (GU 32)
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armlock (GU 34)
13	<b>Straight Armlock – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)
16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)
17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)
18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)
19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)
20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)
21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)
22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)
23	<b>Double Underhook Pass – Guard</b> (GU 36) Double Leg Takedown (Conservative) (GU 17)

## Gracie Combatives Belt Qualification Test

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

JANUARY / FEBRUARY 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY 13</b> Class 6: 700PM-800PM	14 Class 7: 545PM – 645PM	15 RD: 545PM – 645PM <u>Mount Focus</u>	16 Class 8: 545PM – 645PM	17 Class 9: 545PM – 645PM	18 Class 19: 1015AM-1115AM
20 Class 10: 700PM-800PM	21 Class 11: 545PM – 645PM	22 RD: 545PM – 645PM <u>Guard Focus</u>	23 Class 12: 545PM-645PM	24 Class 13: 545PM – 645PM	25 Class 23: 1015AM-1115AM
27 Class 14: 700PM-800PM	28 Class 15: 545PM – 645PM	29 RD: 545PM – 645PM <u>Side Mount Focus</u>	30 Class 16: 545PM-645PM	31 Class 17: 545PM – 645PM	<b>FEBRUARY 1</b> Class 4: 1015AM-1115AM
3 Class 18: 700PM-800PM	4 Class 19: 545PM-645PM	5 RD: 545PM – 645PM <u>Standing Focus</u>	6 Class 20: 545PM – 645PM	7 Class 21: 545PM – 645PM	8 Class 8: 1015AM-1115AM
10 Class 22: 700PM-800PM	11 Class 23: 545PM-645PM	12 RD: 545PM – 645PM <u>Freestyle Focus</u>	13 Class 1: 545PM – 645PM	14 Class 2: 545PM – 645PM	15 Class 12: 1015AM-1115AM
17 <b>HOLIDAY CLOSURE</b>	18 Class 3: 545PM - 645PM	19 RD: 545PM-645PM <u>Mount Focus</u>	20 Class 4: 545PM-645PM	21 Class 5: 545PM-645PM	22 Class 15: 1015AM-1115AM

**HOLIDAY CLOSURE ON MONDAY, FEBRUARY 17<sup>TH</sup>, 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)

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.