GRACIE COMBATIVES[®]

Classes36 Essential Techniques1Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)2Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Armbar – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)13Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)15Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 4)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 3)19Hook Sweep – Guard (GU 31) Standing Headlock Defense (GU 30)19Hook Sweep – Guard (GU 31) Standing Headlock Defense (GU 26)21Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)22Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)23Double Underhook Pass – Guard (GU 36) Double Leg Takedown (GU 37)<	23		
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23 Double Underhook Pass – Guard (GU 36)		•	
73			
Double Leg Takedown (Conservative) (GU 17)	23		
		Double Leg Takedown (Conservative) (GU 17)	

MAY 1, 2025							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
			CLOSED	11:30am –12:30pm Class1	8:30am-9:30am class1 7:00pm-8:00pm class2 8:15pm-9:15pm class3		
			MAY 1	MAY 2	MAY 3		
11:30am –12:30pm Class 4	CLOSED	11:30am –12:30pm Class 5	CLOSED	11:30am –12:30pm Class 6	8:30am-9:30am class 4 7:00pm-8:00pm class 5		
MAY 5	MAY 6	MAY 7	MAY 8	MAY 9	8:15pm-9:15pm class 6 MAY 10		
11:30am –12:30pm Class 7	CLOSED	11:30am –12:30pm Class 8	CLOSED	11:30am –12:30pm Class 9	8:30am-9:30am class 7 7:00pm-8:00pm class 8 8:15pm-9:15pm class 9 MAY 17		
MAY 12	MAY 13	MAY 14	MAY 15	MAY 16			
11:30am –12:30pm Class 10	<u>CLOSED</u>	11:30am –12:30pm Class 11	CLOSED	11:30am –12:30pm Class 12	8:30am-9:30am class 10 7:00pm-8:00pm class 11 8:15pm-9:15pm class 12 MAY 24		
MAY 19	MAY 20	MAY 21	MAY 22	MAY 23			
11:30am –12:30pm Class 13	CLOSED	11:30am –12:30pm Class 14	CLOSED	11:30am –12:30pm Class 15	8:30am-9:30am class 13 7:00pm-8:00pm class 14		
MAY 26	MAY 27	MAY 28	MAY 29	MAY 30	8:15pm-9:15pm class 15 MAY 31		
Street Readiness in 23 Classes!							

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, so you can watch your lessons from any computer or mobile device. You also get access our free GymDesk mobile app that allows you to track attendance on your "digital attendance card" and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, please speak to a student services representative.

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.

Bring a Friend to Class!

If you love the Gracie Combatives classes, invite your friends and family to try one with you. We won't charge them for the class, and we'll make sure they have a great

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com