

GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap & 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	Armbar – 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 Armbar (GU 34)
13	Armbar – 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)

MARCH 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Class 17 - 7:45p	25 Class 18 – 11am	26 Class 18 - 7:45p	27 Class 19 – 11am RDC – Guard – 7:00p	28	March 1 st Class 19 - 10:00a
3 Class 20 - 7:45p	4 Class 20 – 11am	5 Class 21 - 7:45p	6 Class 21– 11am RDC – Side Mt.– 7:00p	7	8 Class 22 - 10:00a
10 Class 23- 7:45p	11 Class 22 – 11am	12 Class 1 - 7:45p	13 Class 23– 11am RDC Standing	14	15 Class 2 - 10:00a
17 Class 3 - 7:45p	18 Class 1 – 11am	19 Class 4 - 7:45p	20 Class 2 – 11am MC Fundamentals 6pm RDC – Free Fight– 7:00p	21 DEEP DIVE KESAGATAME 6PM-8pm	22 Class 5 - 10:00a
24 Class 6 - 7:45p	25 Class 3 – 11am	26 Class 7 - 7:45p	27 Class 4 – 11am MC Fundamentals 6pm RDC – Mount– 7:00p	28	29 Class 8 - 10:00a
31 Class 9 - 7:45p	April 1st Class 5 – 11am	2 Class 10 - 7:45p	3 Class 6 – 11am MC Fundamentals 6pm RDC – Guard - 7:00p	4	5 Class 11 - 10:00a

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com