

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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)

September 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sep 2 CLOSED!!!!!!!!!!!! LABOR DAY	Sep 3 Class 19- 6:30p	Sep 4 Class 14- 11:30am RD- Freestyle 6:30pm	5 Class 15- 11:30am Class 20- 6:30p 6:30pm	6 Class 21- 6:30p	7 Class 22- 11:15a	8
9 Class 16- 11:30am Class 23- 6:30pm	10 Class 1- 6:30p Bring a Friend!	11 Class 17- 11:30am RD- Mount 6:30p	12 Class 18-11:30a Class 2- 6:30p	13 Class 3- 6:30pm	14 Class 4- 11:15a Bring a Friend	15
16 Class 19- 11:30am Class 5- 6:30pm	17 Class 6- 6:30p Bring a Friend!	18 Class 20- 11:30am RD- Guard 6:30p	19 Class 21-11:30a Class 7- 6:30p	20 Class 8- 6:30p	21 Class 9- 11:15a	22
23 Class 22- 11:30am Class 10- 6:30p	24 Class 11- 6:30p Bring a Friend!	25 Class 23- 11:30am RD- S Mount- 6:30p	26 Class 1- 11:30a Class 12- 6:30p	27 Class 13- 6:30p	28 Class 14- 11:15a	29
30 Class 2- 11:30am Class 15- 6:30p	Oct 1 Class 16- 6:30p	Oct 2 Class 3- 11:30am RD- Standing- 6:30p	Oct 3 Class 4- 11:30a Class 17- 6:30p Bring a Friend!	Oct 4 Class 18- 6:30p Bring a Friend!	Oct 5 Class 19- 11:15a	Oct 6

Street Readiness in 23 Lessons!

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 lessons 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! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible 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. Please see the *Gracie Combatives Belt Qualification Requirements* handout for details.