

GRACIE COMBATIVES® 2.0

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

August 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Class 5 - 8:00p	30 Class 6 - 6:30p	31 Class 7 - 8:00p	Aug 1 Class 8 - 6:30p	2 RD Class - 6:30p <i>Standing Focus</i>	3 Class 9 - 10:00a
5 Class 10 - 8:00p	6 Class 11 - 6:30p	7 Class 12 - 8:00p	8 Class 13 - 6:30p	9 RD Class - 6:30p <i>Freestyle Focus</i>	10 Class 14 - 10:00a
12 Class 15 - 8:00p	13 Class 16 - 6:30p	14 Class 17 - 8:00p	15 Class 18 - 6:30p	16 RD Class - 6:30p <i>Mount Focus</i>	17 Class 19 - 10:00a
19 Class 20 - 8:00p	20 Class 21 - 6:30p	21 Class 22 - 8:00p	22 Class 23 - 6:30p	23 RD Class - 6:30p <i>Guard Focus</i>	24 Class 1 - 10:00a
26 Class 2 - 8:00p	27 Class 3 - 6:30p	28 Class 4 - 8:00p	29 Class 5 - 6:30p	30 RD Class - 6:30p <i>Side Mount Focus</i>	31 Class 6 - 10:00a
Sept 2 CLOSED for LABOR DAY	3 Class 7 - 6:30p	4 Class 8 - 8:00p	5 Class 9 - 6:30p	6 RD Class - 6:30p <i>Standing Focus</i>	7 Class 10 - 10:00a

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! *Students MUST have GRACIE JIU-JITSU 18oz GLOVES to participate in the Fight Simulation portion of class!

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.

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 time. If they live within 10 miles of our school, we'll hook you up with a FREE Gracie t-shirt just for helping us spread the word! See front desk for details.