

GRACIE COMBATIVES®

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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 (GU12) 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)

March 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Class 22 – 6 pm	25 7am All Levels GJJ Class 23 – 7:30pm	26 Class 15 – 11 am Class 1 – 6 pm	27 Class 2 – 7:30pm	28 Class 16 – 11 am RD (no-gi) – 6 pm <i>Standing</i>	1 Class 11 – 10:30a
3 Class 3 – 6 pm	4 7am All Levels GJJ Class 4 – 7:30pm	5 Class 17 – 11 am Class 5 – 6 pm	6 Class 6 – 7:30 pm	7 Class 18 – 11 am RD (no-gi) – 6 pm <i>Freestyle</i>	8 Class 12 – 10:30a
10 Class 7 – 6 pm	11 7am All Levels GJJ Class 8 – 7:30pm	12 Class 19 – 11am Class 9 – 6 pm	13 Class 10 – 7:30pm	14 Class 20 – 11 am RD (no-gi) – 6 pm <i>Mount</i>	15 Class 13 – 10:30a
17 Class 11 – 6 pm	18 7am All Levels GJJ Class 12 – 7:30pm	19 Class 21 – 11 am Class 13 – 6 pm	20 Class 14 – 7:30pm	21 Class 22 – 11 am RD (no-gi) – 6 pm <i>Guard Subs</i>	22 Class 14 – 10:30a
24 Class 15 – 6 pm	25 7am All Levels GJJ Class 16 – 7:30pm	26 Class 23 – 11 am Class 17 – 6 pm	27 Class 18 – 7:30pm	28 Class 1 – 11 am RD (no-gi) – 6 pm <i>Guard Sweeps</i>	29 Class 15 – 10:30a

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!

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 Combatives Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com.