

# 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)

July 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Class 17 – 7 pm	2 7am All Levels GJJ Class 18 – 7:30pm	3 Class 23 – 11 am Class 19 – 6 pm	4 Happy 4 <sup>th</sup> of July! CLOSED	5 CLOSED	6 Class 4 – 10:30a
8 Class 20 – 7 pm	9 7am All Levels GJJ Class 21 – 7:30pm	10 Class 1 – 11 am Class 22 – 6 pm	11 Class 23 – 7:30pm	12 Class 2 – 11 am RD (no-gi) – 6 pm Freestyle Focus	13 Class 5 – 10:30a
15 Class 1 – 7 pm	16 7am All Levels GJJ Class 2 – 7:30pm	17 Class 3 – 11am Class 3 – 6 pm	18 Class 4 – 7:30pm	19 Class 4 – 11 am RD (no-gi) – 6 pm Mount Focus	20 Class 6 – 10:30a
22 Class 5 – 7 pm	23 7am All Levels GJJ Class 6 – 7:30pm	24 Class 5 – 11 am Class 7 – 6 pm	25 Class 8 – 7:30pm	26 Class 6 – 11 am RD (no-gi) – 6 pm Guard 1: Subs	27 Class 7 – 10:30a
29 Class 9 – 7 pm	30 7am All Levels GJJ Class 10 – 7:30pm	31 Class 7 – 11 am Class 11 – 6 pm	1 Class 12 – 7:30pm	2 Class 8 – 11 am RD (no-gi) – 6 pm Guard 2: Sweeps	3 Class 8 – 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.