GRACIE COMBATIVES[®]

1Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)2Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)3Body Fold Takedown (GU 14)4Take the Back + R.N.C. – Mount (GU 4)4Take the Back + R.N.C. – Mount (GU 4)5Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)6Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)7Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)8Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)9Elbow Escape – Mount (GU 12) Pull Guard (GU 21)10Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)11Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)12Headlock Escape 1 – Side Mount (GU 18) Standing Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)14Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 22) Clinch (Aggressive Opponent) (GU 15)15Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 4)17Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 4)17Kimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30)19Hook Sweep – Guard (GU 23)20Take the Back – Guard (GU 23) Guillotine Defense (GU 32)21Eleow Takedown (GU 4)22Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)23Double Underhook Pass – Guard (GU 33) Pull Guard (GU 21)24Elow Escape – Side Mount (GU 33) <th>23 Classes</th> <th colspan="5">36 Essential Techniques</th>	23 Classes	36 Essential Techniques				
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17 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)	10					
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21 Pull Guard (GU 21) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)	21					
Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
22 Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)	22					
Double Underhook Pass – Guard (GU 36)						
Double Leg Takedown (Conservative) (GU 17)	23	Double Underhook Pass – Guard (GU 36)				
		Double Leg Takedown (Conservative) (GU 17)				

JANUARY 2025								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6 January 2025 Class 1 - 12:00p Class 1 - 6:00p RD Class – 7:00p Standing Focus	7 Class 2 - 7:30p	8	9 Class 3 -7:30p	10 NO CLASSES TODAY	11 Class 2 - 10:00a			
13 Class 3 - 12:00p Class 4 - 6:00p RD Class - 7:00p Freestyle Focus	14 Class 5 - 7:30p	15	16 Class 6 - 7:30p	17 Class 4 - 12:00p Class 7- 6:00p	18 Class 5 - 10:00a			
20 Class 6 - 12:00p Class 8 - 6:00p RD Class – 7:00p Mount Focus	21 Class 9 - 7:30p	22	23 Class 10 - 7:30p	24 Class 7 - 12:00p Class 11- 6:00p	25 Class 8 - 10:00a			
27 Class 9 - 12:00p Class 12 - 6:00p RD Class – 7:00p Freestyle Focus	28 Class 13 - 7:30p	29	30 Class 14 -7:30p	31 Class 10 - 12:00p Class 15 - 6:00p	1 Feb Class 11 - 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!

Log-on & Boost Progress!

As a student of the *Gracie Combatives* program, you qualify for a free subscription to GracieUniversity.com, so you can watch your lessons from any computer or mobile device. You also get access our free GymDesk mobile app that allows you to track attendance on your "digital attendance card" and get 60-second class preview videos so you know what you'll be learning in each class! If you have trouble accessing these benefits, please speak to a student services representative.

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 10km 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.

www.GracieJiuJitsu.co.za | Delphi Arch Building, 12 Raats Drive, Table View | 081 400 1130 | admin@gracieJiuJitsu.co.za

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com