

GRACIE COMBATIVES®

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)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

FEBRUARY 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
3 Class 12 - 12:00p Class 16 - 6:00p RD Class – 7:00p Guard Focus	4 Class 17 - 7:30p	5	6 Class 18 - 7:30p	7 Class 13 - 12:00p Class 19 - 6:00p	8 Class 14 - 10:00a
10 Class 15 - 12:00p Class 20 - 6:00p RD Class – 7:00p Freestyle Focus	11 Class 21 - 7:30p	12	13 Class 22 - 7:30p	14 Class 16 - 12:00p Class 23 - 6:00p	15 Class 17 - 10:00a
17 Class 18 - 12:00p Class 1 - 6:00p RD Class – 7:00p Side Mount Focus	18 Class 2 - 7:30p	19	20 Class 3 - 7:30p	21 Class 19 - 12:00p Class 4 - 6:00p	22 Class 20 - 10:00a
24 Class 21 - 12:00p Class 5 - 6:00p RD Class – 7:00p Freestyle Focus	25 Class 6 - 7:30p	26	27 Class 7 - 7:30p	28 Class 22 - 12:00p Class 8 - 6:00p	1 MARCH Class 23 - 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.