

Gracie Combatives®

The Fastest Way to Street Readiness. Guaranteed.

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.

September 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Class 10 - 1:30p
3 RD Class - 11:00a GUARD	4 Class 11 - 12:00p	5 Class 12 - 12:15p	6 Class 13 - 12:00p	7	8 Class 14 - 1:30p
Class 21 - 7:30p	Class 22 - 7:30p	RD Class - 7:30p STANDING	Class 23 - 7:30p	Class 1 - 7:30p	
10 RD Class - 11:00a S.MOUNT	11 Class 15 - 12:00p	12 Class 16 - 12:15p	13 Class 17 - 12:00p	14	15 Class 18 - 1:30p
Class 2 - 7:30p	Class 3 - 7:30p	RD Class - 7:30p MOUNT	Class 4 - 7:30p	Class 5 - 7:30p	
17 RD Class - 11:00a STANDING	18 Class 19 - 12:00p	19 Class 20 - 12:15p	20 Class 21 - 12:00p	21	22 Class 22 - 1:30p
Class 6 - 7:30p	Class 7 - 7:30p	RD Class - 7:30p GUARD	Class 8 - 7:30p	Class 9 - 7:30p	
24 RD Class - 11:00a MOUNT	25 Class 23 - 12:00p	26 Class 1 - 12:15p	27 Class 2 - 12:00p	28	29 Class 3 - 1:30p
Class 10 - 7:30p	Class 11 - 7:30p	RD Class - 7:30p S.MOUNT	Class 12 - 7:30p	Class 13 - 7:30p	

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. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

Gracie 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 Gracie Combatives belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the *Gracie Combatives Belt Qualification Requirements* handout for details.