GRACIE COMBATIVES°

Classes 1 Trap & 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 Armbar – 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 Armbar (GU 34) 13 Armbar – 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 21) 16 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) 17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 36) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 30) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) 20 Take the Back – Guard (GU 23) Pull Guard (GU 21) 21 Tivisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Leg Takedown (Conservative) (GU 17)						
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Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Pull Guard (GU 21)				
Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	22	Twisting Arm Control – Mount (GU 35)				
1 23 1		Rear Takedown (GU 29)				
Double Leg Takedown (Conservative) (GU 17)	23	Double Underhook Pass – Guard (GU 36)				
		Double Leg Takedown (Conservative) (GU 17)				

^{*}Parenthesis indicate corresponding video lesson number on GracieUniversity.com

	January 2024								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
Jan 1 Happy New Year No Class	2 Class 14	3 Class 20 – 10a & 7:30p	4 Class 3 - 4:30p	5 Class 11 - 4:30p	6 Class 19 – 7:00a Gracie Game Day 9-11a				
8	9	10	11	12	13				
Class 8 - 7:30p	Class 15	Class 21 – 10a & 7:30p	Class 4 - 4:30p	Class 12 - 4:30p	Class 20 – 7:00a				
15 Class 9 - 7:30p	16 Open	No Classes Instructors at Instructor Seminar							
22	23	24	25	26	27				
Class 10 - 7:30p	Class 16	Class 22 – 10a & 7:30p	Class 5 - 4:30p	Class 13 - 4:30p	Class 21 – 7:00a				
29	30	31	Feb 1	2	3				
Class 11 - 7:30p	Class 17	Class 23 – 10a & 7:30p	Class 6 - 4:30p	Class 14 - 4:30p	Class 22 – 7:00a				
5	6	7	8	9	10				
Class 12 - 7:30p	Class 18	Class 1 — 10a & 7:30p	Class 7 - 4:30p	Class 15 - 4:30p	Class 23 – 7:00a				

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. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, 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.