GRACIE COMBATIVES°

Classes Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6) Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) Spositional Control – Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C. – Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Armbar – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34) Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 34) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 30) Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 30) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36) Double Leg Takedown (GU 29)					
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Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)					
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Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	19				
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Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	21	Elbow Escape – Side Mount (GU 33)			
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	, ,			
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Double Leg Takedown (Conservative) (GU 17)	23	, ,			
		Double Leg Takedown (Conservative) (GU 17)			

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

	July 2023								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
June 26	27	28	29	30	July 1				
Class 11 - 7:30p	Class 17 - 4:30p	Class 23 – 10a & 7:30p	Class 6 - 4:30p	Class 14 - 4:30p	Class 22 – 7:00a				
3 Closed Independence Day	4 Closed Independence Day	5 Open – 10a & 7:30p	6 Open - 4:30p	7 Open - 4:30p	8 Open – 7:00a Gracie Game Day 9-11a				
10	11	12	13	14	15				
Class 12 - 7:30p	Class 18 - 4:30p	Class 1 – 10a & 7:30p	Class 7 - 4:30p	Class 15 - 4:30p	Class 23 – 7:00a				
17	18	19	20	21	22				
Class 13 - 7:30p	Class 19- 4:30p	Class 2 – 10a & 7:30p	Class 8 - 4:30p	Class 16 - 4:30p	Class 1 – 7:00a				
24	25	26	27	28	29				
Closed Pioneer Day	Open - 4:30p	Open – 10a & 7:30p	Open - 4:30p	Open - 4:30p	Open – 7:00a				
31	Aug 1	2	3	4	5				
Class 14 - 7:30p	Class 20- 4:30p	Class 3 – 10a & 7:30p	Class 9- 4:30p	Class 17- 4:30p	Class 2 – 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.