# **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 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 33) 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)						
Leg Hook Takedown (GU 6)  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)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  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)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 6)  18 Headlock Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Full Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	-	·				
Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Positional 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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (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)	1					
Clinch (Aggressive Opponent) (GU 7)  Positional 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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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 15)  16 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  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 28) Guillotine Defense (GU 32)  21 Take the Back – Guard (GU 33) Pull Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  23 Double Underhook Pass – Guard (GU 36)	2					
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 33) Pull Guard (GU 21)  Tike the Back - Guard (GU 23)  Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)						
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)  Blow 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 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (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)	3	, ,				
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – 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)	4					
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 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 28) Guillotine Defense (GU 30)  Punch Block Series (S) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (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)		· · · ·				
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 4)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – 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)	5	Punch Block Series (1-4) – Guard (GU 8)				
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)  Clinch (Aggressive Opponent) (GU 7)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		Guillotine Choke (Standing) (GU 23)				
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 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 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	6	Armbar – Mount (GU 9)				
Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Blbow 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)  Pouble Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Blevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 44)  Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30)  Punch Block Series (S) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Take the Back – 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)	7	Triangle Choke – Guard (GU 10)				
Rear Takedown (GU 29)  Blbow 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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Reg Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (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)		Haymaker Punch Defense (GU 30)				
Pell Guard (GU 29)  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 15)  16 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 4)  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 21)  21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	8	Elevator Sweep – Guard (GU 11)				
Pull Guard (GU 21)  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 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  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)  Take the Back – Guard (GU 28) Guillotine Defense (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)						
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – 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)	9					
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)						
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)	10					
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)						
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)	11					
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 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)						
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 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 Guillotine Defense (GU 32)  20 Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	12					
Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (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)						
Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)	13					
Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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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Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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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Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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)						
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)  Double Underhook Pass – Guard (GU 36)	16					
Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) 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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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)						
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)	18					
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					
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)						
Standing Headlock Detense (GU 26)  21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	20					
Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		Standing Headlock Defense (GU 26)				
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	, ,				
l 23 l		, ,				
Double Leg Takedown (Conservative) (GU 17)	23	, ,				
		Double Leg Takedown (Conservative) (GU 17)				

<sup>\*</sup>Parenthesis indicate corresponding video lesson number on GracieUniversity.com

March 2024							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
26	27	28	29	Mar 1	2		
<b>Class 15</b> - 7:30p	Class 21	Class 4 – 10a & 7:30p	Class 10 - 4:30p	Class 18 - 4:30p	Class 3 – 7:00a		
4 Class 16 - 7:30p	5 Class 22	6 Class 5 — 10a & 7:30p	7 Class 11 - 4:30p	8 Class 19 - 4:30p	9 Class 4 – 7:00a Gracie Game Day 9-11am		
11	12	13	14	15	16		
Class 17 - 7:30p	Class 23	Class 6 - 10a & 7:30p	Class 12 - 4:30p	Class 20 - 4:30p	Class 5 – 7:00a		
18	19	20	21	22	23		
Class 18 - 7:30p	Class 1	Class <b>7</b> – 10a & 7:30p	Class 13 - 4:30p	Class 21 - 4:30p	Class 6 – 7:00a		
25	26	27	28	29	30		
Class 19 - 7:30p	Class 2	Class 8 — 10a & 7:30p	Class 14 - 4:30p	Class 22 - 4:30p	Class <b>7</b> – 7:00a		
<b>April 1 Class 20</b> - 7:30p	2 Class 3	3 Class 9 – 10a & 7:30p	4 Class 15 - 4:30p	5 Class 23 - 4:30p	6 Class 8 – 7:00a Adult Seminar 9-11am		

#### 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.