

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 (GU12) 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)

Street Readiness in 23 Lessons!

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 lessons 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.

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

April 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 30th <i>Demian Maia Seminar (TBC)</i>	March 31st AM – Class 10 PM – Class 13	April 1st 10:30am: Class 9 PM – Class 14 Bring a Friend!	April 2nd AM – Class 11 PM – Class 15	April 3rd Class 16	April 4th Class 21	April 5th RD Class – Guard Class 22
April 6th Class 17 RD Class – Side Mount (Proposed re-open date)	April 7th AM – Class 12 PM – Class 18	April 8th 10:30am: Class 10 PM – Class 19 Bring a Friend!	April 9th AM – Class 13 PM – Class 20	April 10th Class 21	April 11th Class 23 <i>Get Healthy First Seminar @10:30am</i>	April 12th RD Class – Standing Class 1
April 13th Class 22 RD Class – FFS	April 14th AM – Class 14 PM – Class 23	April 15th AM – RD – Aide Mount 10:30am: Class 11 PM – Class 1 Bring a Friend!	April 16th AM – Class 15 PM – Class 2	April 17th Class 3	April 18th Class 2	April 19th RD Class – Mount Class 3
April 20th Class 4 RD Class – Guard	April 21st AM – Class 16 PM – Class 5	April 22nd 10:30am: Class 12 PM – Class 6 Bring a Friend!	April 23rd AM – Class 17 PM – Class 7	April 24th Class 8	April 25th Class 4	April 26th RD Class – Side Mount Class 5
April 27th Class 9 RD Class – Standing	April 28th AM – Class 18 PM – Class 10	April 29th 10:30am: Class 13 PM – Class 11 Bring a Friend!	April 30th AM – Class 19 PM – Class 12	May 1st Class 13	May 2nd Class 6	May 3rd RD Class – FFS Class 7