

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)

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.

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

APRIL 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 29 10:30am Class - 4 PM - Class 17 RD Class – Mount	March 30 AM - Class 17 PM – Class 18	March 31 10:30am Class - 5 PM - Class 19 Bring a Friend!	April 1 AM - Class 18 PM – Class 20	April 2 Good Friday Fundraiser – Street Choke Seminar	April 3 Class 10	April 4 RD Class – Guard Class 11
April 5 10:30am Class - 6 PM - Class 21 RD Class – Side Mount	April 6 AM - Class 19 PM – Class 22	April 7 10:30am Class - 7 PM - Class 23 Bring a Friend!	April 8 AM - Class 20 PM – Class 1	April 9 Class 2	April 10 Class 12	April 11 RD Class – Standing Class 13
April 12 10:30am Class - 8 PM - Class 3 RD Class – FFS	April 13 AM - Class 21 PM – Class 4	April 14 10:30am Class - 9 PM - Class 5 Bring a Friend!	April 15 AM - Class 22 PM – Class 6	April 16 Class 7	April 17 Class 14	April 18 RD Class – Mount Class 15
April 19 10:30am Class - 10 PM - Class 8 RD Class – Guard	April 20 AM - Class 23 PM – Class 9	April 21 10:30am Class - 11 PM - Class 10 Bring a Friend!	April 22 AM - Class 1 PM – Class 11	April 23 Class 12	April 24 Class 16	April 25 RD Class – Side Mount Class 17
April 26 10:30am Class - 12 PM - Class 13 RD Class – Standing	April 27 AM - Class 2 PM – Class 14	April 28 10:30am Class - 13 PM - Class 15 Bring a Friend!	April 29 AM - Class 3 PM – Class 16	April 30 Class 17	May 1 Class 18	May 2 RD Class – FFS Class 19