

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.

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