

# 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.

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

