

# 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.

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