

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)

November 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Class 7 – 12:30p	2 Class 8 – 12:30p	3 RD Class – 12:30p Side Mount Focus	4 Class 9 – 12:30p	5 Class 10 – 12:30p	6 Class 17 - 11:00a Bring a Friend!
Class 12 – 7:15p RD Class – 8:30p Side Mount Focus	Class 13 – 6:00p	Class 14 - 8:15p	Class 15 - 6:00p	Class 16 - 7:15p RD Class – 8:30p Side Mount Focus	
8 Class 11 – 12:30p	9 Class 12 – 12:30p	10 RD Class – 12:30p Standing Focus	11 Class 13 – 12:30p	12 Class 14 – 12:30p	13 Class 23 - 11:00a Bring a Friend!
Class 18 – 7:15p RD Class – 8:30p Standing Focus	Class 19 – 6:00p	Class 20 - 8:15p	Class 21 – 6:00p	Class 22 - 7:15p RD Class – 8:15p Standing Focus	
15 Class 15 – 12:30p	16 Class 16 – 12:30p	17 RD Class – 12:30p Freestyle Focus	18 Class 17 – 12:30p	19 Class 18 – 12:30p	20 Class 6 - 11:00a Bring a Friend!
Class- 1 – 7:15p RD Class – 8:30p Freestyle Focus	Class 2 – 6:00p	Class 3 - 8:15p	Class 4 - 6:00p	Class 5 - 7:15p RD Class – 8:30p Freestyle Focus	
22 Class 19 – 12:30p	23 Class 20 – 12:30p	24 RD Class – 12:30p Mount Focus	25 SCHOOL CLOSED Thanksgiving Day	26 SCHOOL CLOSED Thanksgiving weekend	27 SCHOOL CLOSED Thanksgiving weekend
Class 7 – 7:15p RD Class – 8:30p Mount Focus	Class 8 – 6:00p	Class 9 – 8:15p			
29 Class 21 – 12:30p	30 Class 22 – 12:30p	December 1st RD Class – 12:30p Guard Focus	2 Class 23 – 12:30p	3 Class 1 – 12:30p	4 Class 15 - 11:00a Bring a Friend!
Class 10 – 7:15p RD Class – 8:30p Guard Focus	Class 11 – 6:00p	Class 12 - 8:15p	Class 13 - 6:00p	Class 14 - 7:15p RD Class – 8:30p Guard Focus	
6	7	8	9	10	11