

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)

September 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Class 18 – 12:30p	31 Class 19 – 12:30p	September 1st	2 Class 20 – 12:30p	3 Class 21 – 12:30p	4 School Closed
Class 6 – 7:15p RD Class – 8:30p Standing Focus	Class 7 – 6:00p	Class 8 – 8:15p	Class 9 – 6:00p	Class 10 – 7:15p RD Class – 8:30p Standing Focus	Labor Day Weekend
6 School Closed Labor Day	7 Class 22 – 12:30p	8 RD Class – 12:30p Freestyle Focus	9 Class 23 – 12:30p	10 Class 1 – 12:30p	11 Class 15 – 11:00a Bring a Friend!
No Classes	Class 11 – 6:00p	Class 12 – 8:15p	Class 13 – 6:00p	Class 14 – 7:15p RD Class – 8:15p Freestyle Focus	
13 Class 2 – 12:30p	14 Class 3 – 12:30p	15 RD Class – 12:30p Mount Focus	16 Class 4 – 12:30p	17 Class 5 – 12:30p	18 Class 21 – 11:00a Bring a Friend!
Class- 16 – 7:15p RD Class – 8:30p Mount Focus	Class 17 – 6:00p	Class 18 – 8:15p	Class 19 – 6:00p	Class 20 – 7:15p RD Class – 8:30p Mount Focus	
20 Class 6 – 12:30p	21 Class 7 – 12:30p	22 RD Class – 12:30p Guard Focus	23 Class 8 – 12:30p	24 Class 9 – 12:30p	25 Class 4 – 11:00a Bring a Friend!
Class 22 – 7:15p RD Class – 8:30p Guard Focus	Class 23 – 6:00p	Class 1 – 8:15p	Class 2 – 6:00p	Class 3 – 7:15p RD Class – 8:30p Guard Focus	
27 Class 10 – 12:30p	28 Class 11 – 12:30p	29 RD Class – 12:30p Side Mount Focus	30 Class 12 – 12:30p	October 1st	2 Class 10 – 11:00a Bring a Friend!
Class 5 – 7:15p RD Class – 8:30p Side Mount Focus	Class 6 – 6:00p	Class 7 – 8:15p	Class 8 – 6:00p	Class 9 – 7:15p RD Class – 8:30p Side Mount Focus	
4	5	6	7	8	9