

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)

March 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 14 - 12:30p Class 20 – 5:30p	3 Class 21 – 7:30p	4 Class 15 - 12:30p RD Class – 8:30p <i>Guard Focus</i>	5 Class 22 - 7:30p	6 RD Class – 12:30p <i>Guard Focus</i> Class 21 – 6:00p	7 Class 16 - 11:00a Bring a Friend!
9 Class 17 – 12:30p Class 23 – 5:30p Bring a Friend!	10 Class 1 – 7:30p	11 Class 18 - 12:30p RD Class – 8:30p <i>Side Mount Focus</i>	12 Class 2 - 7:30p	13 RD Class – 12:30p <i>Side Mount Focus</i> Class 1 – 6:00p	14 Class 19 - 11:00a Bring a Friend!
16 Class 20 - 12:30p Class 3 – 5:30p	17 Class 4 – 7:30p	18 Class 21 - 12:30p RD Class – 8:30p <i>Standing Focus</i>	19 Class 5 - 7:30p	20 RD Class – 12:30p <i>Standing Focus</i> Class 4 – 6:00p	21 Class 22 - 11:30a Bring a Friend!
23 Class 23 - 12:30p Class 6 – 5:30p	24 Class 7 – 7:30p	25 Class 1 - 12:30p RD Class – 8:30p <i>Freestyle Focus</i>	26 Class 8 - 7:30p	27 RD Class – 12:30p <i>Freestyle Focus</i> Class 7 – 6:00p	28 Class 2 - 11:30a Bring a Friend!
30 Class 3 - 12:30p Class 9 – 5:30p	31 Class 10 – 7:30p	April 1st Class 4 - 12:30p RD Class – 8:30p <i>Mount Focus</i>	2 Class 11 - 7:30p	3 RD Class – 12:30p <i>Mount Focus</i> Class 10 – 6:00p	4 Class 5 - 11:30a Bring a Friend!
6	7	8	9	10	11

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

Gracie 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 Gracie Combatives belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com.