

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 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Class 9 - 12:30p Class 21 – 5:30p Bring a Friend!	26 Class 10 – 11:30a Class 22 – 7:30p	27 Class 11 - 12:30p Class 23 - 6:30p	28 Class 12 – 11:30a Class 1 - 7:30p	March 1st RD Class – 1:00p RD Class – 6:30p Standing Focus	2 Class 9 - 11:00a Bring a Friend!
4 Class 13 – 12:30p Class 2 – 5:30p Bring a Friend!	5 Class 14 – 11:30a Class 3 – 7:30p	6 Class 15 - 12:30p Class 4 - 6:30p	7 Class 16 – 11:30a Class 5 - 7:30p	8 RD Class – 1:00p RD Class – 6:30p Mount Focus	9 Class 13 - 11:00a Bring a Friend!
11 Class 17 - 12:30p Class 6 – 5:30p Bring a Friend!	12 Class 18 – 11:30a Class 7 – 7:30p	13 Class 19 - 12:30p Class 8 - 6:30p	14 Class 20 – 11:30a Class 9 - 7:30p	15 RD Class – 1:00p RD Class – 6:30p Guard Focus	16 Class 17 - 11:00a Bring a Friend!
18 Class 21 - 12:30p Class 10 – 5:30p Bring a Friend!	19 Class 22 – 11:30a Class 11 – 7:30p	20 Class 23 - 12:30p Class 12 - 6:30p	21 Class 1 – 11:30a Class 13 - 7:30p	22 RD Class – 1:00p RD Class – 6:30p Side Mount Focus	23 Class 21 - 11:00a Bring a Friend!
25 Class 2 - 12:30p Class 14 – 5:30p Bring a Friend!	26 Class 3 – 11:30a Class 15 – 7:30p	27 Class 4 - 12:30p Class 16 - 6:30p	28 Class 5 – 11:30a Class 17 - 7:30p	29 RD Class – 1:00p RD Class – 6:30p Freestyle Focus	30 Class 2 - 11:00a Bring a Friend!
1	2	3	4	5	6

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.