

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)

April 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Class 6 - 12:30p Class 18 – 5:30p Bring a Friend!	2 Class 7 – 11:30a Class 19 – 7:30p	3 Class 8 - 12:30p Class 20 - 6:30p	4 Class 9 – 11:30a Class 21 - 7:30p	5 RD Class – 1:00p RD Class – 6:30p Standing Focus	6 Class 6 - 11:00a Bring a Friend!
8 Class 10 – 12:30p Class 22 – 5:30p Bring a Friend!	9 Class 11 – 11:30a Class 23 – 7:30p	10 Class 12 - 12:30p Class 1 - 6:30p	11 Class 13 – 11:30a Class 2 - 7:30p	12 RD Class – 1:00p RD Class – 6:30p Mount Focus	13 Class 10 - 11:00a Bring a Friend!
15 Class 14 - 12:30p Class 3 – 5:30p Bring a Friend!	16 Class 15 – 11:30a Class 4 – 7:30p	17 Class 16 - 12:30p Class 5 - 6:30p	18 Class 17 – 11:30a Class 6 - 7:30p	19 RD Class – 1:00p RD Class – 6:30p Guard Focus	20 Class 14 - 11:00a Bring a Friend!
22 Class 18 - 12:30p Class 7 – 5:30p Bring a Friend!	23 Class 19 – 11:30a Class 8 – 7:30p	24 Class 20 - 12:30p Class 9 - 6:30p	25 Class 21 – 11:30a Class 10 - 7:30p	26 RD Class – 1:00p RD Class – 6:30p Side Mount Focus	27 Class 18 - 11:00a Bring a Friend!
29 Class 22 - 12:30p Class 11 – 5:30p Bring a Friend!	30 Class 23 – 11:30a Class 12 – 7:30p	May 1st Class 1 - 12:30p Class 13 - 6:30p	2 Class 2 – 11:30a Class 14 - 7:30p	3 RD Class – 1:00p RD Class – 6:30p Freestyle Focus	4 Class 2 - 11:00a 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.