

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)

May 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 3 - 11:00a Bring a Friend!
6 Class 4 – 12:30p Class 15 – 5:30p Bring a Friend!	7 Class 5 – 12:30p Class 16 – 7:30p	8 Class 6 - 12:30p Class 17 - 6:30p	9 RD Class – 12:30p Standing Focus Class 18 - 7:30p	10 RD Class – 6:30p Standing Focus	11 Class 7 - 11:00a Bring a Friend!
13 Class 8 - 12:30p Class 19 – 5:30p Bring a Friend!	14 Class 9 – 12:30p Class 20 – 7:30p	15 Class 10 - 12:30p Class 21 - 6:30p	16 RD Class – 12:30p Mount Focus Class 22 - 7:30p	17 RD Class – 6:30p Mount Focus	18 Class 11 - 11:00a Bring a Friend!
20 Class 12 - 12:30p Class 23 – 5:30p Bring a Friend!	21 Class 13 – 12:30p Class 1 – 7:30p	22 Class 14 - 12:30p Class 2 - 6:30p	23 RD Class – 12:30p Guard Focus Class 3 - 7:30p	24 RD Class – 6:30p Guard Focus	25 Class 15 - 11:00a Bring a Friend!
27 Class 16 - 12:30p Class 4 – 5:30p Bring a Friend!	28 Class 15 – 12:30p Class 5 – 7:30p	29 Class 16 - 12:30p Class 6 - 6:30p	30 RD Class – 12:30p Side Mount Focus Class 7 - 7:30p	31 RD Class – 6:30p Side Mount Focus	June 1st Class 17 - 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.