

# GRACIE COMBATIVES®

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)

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

December 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>NO LUNCH TIME CLASS TODAY</b>	2 Class 2 - 6:00p	3 Class 3 - 12:00p Class 3 - 6:00p	4 Class 4 - 10:00a
6 Class 5 - 12:00p Class 5 - 6:00p RD CLASS – 6.45pm Guard Focus	7 Class 6 - 6:00p	8 RD CLASS – 12:00p Guard Focus	9 Class 7 - 6:00p	10 Class 8 - 12:00p Class 8 - 6:00p	11 Class 9 - 10:00a
13 Class 10 - 12:00p Class 10 - 6:00p RD CLASS – 6.45pm Side mount Focus	14 Class 11 - 6:00p	15 RD CLASS – 12:00p Side mount Focus	16 <b>CLOSED FOR PUBLIC HOLIDAY</b>	17 Class 12 - 12:00p Class 12 - 6:00p	18 Class 13 - 10:00a
20 Class 14 - 12:00p Class 14 - 6:00p RD CLASS – 6.45pm Standing Focus	21 Class 15 - 6:00p	22 RD CLASS – 12:00p Standing Focus	23 Class 16 - 6:00p	24 <b>CLOSED FOR ANNUAL BREAK</b>	25 <b>CLOSED FOR ANNUAL BREAK</b>
27 <b>CLOSED FOR ANNUAL BREAK</b>	28 <b>CLOSED FOR ANNUAL BREAK</b>	29 <b>CLOSED FOR ANNUAL BREAK</b>	30 <b>CLOSED FOR ANNUAL BREAK</b>	31 <b>CLOSED FOR ANNUAL BREAK</b>	

## Street Readiness in 23 Classes!

The 36 techniques in the *Gracie Combatives* program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

## Reflex Development Class (RD Class)

Once you have attended each class, 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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student services representative.

## Gracie Combatives Belt Qualification Test

Once you complete each *Gracie Combatives* class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.