



GRACIE COMBATIVES



23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Straight Armlock – Mount Guillotine Defense
7	Triangle Choke – Guard Haymaker Punch Defense
8	Elevator Sweep – Guard Rear Takedown
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armlock
13	Straight Armlock – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura Armlock – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)

APRIL 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 9:45 AM WE L5 11AM L12	2
3 11:00AM L22 6:30PM L13	4 6PM WE L6 7PM L14	5 11:00AM L23 6:30 L15	6 6:30PM MOUNT	7 11:00AM RD SIDEMOUNT	8 9:45 AM WE L7 11AM L16	9
10 11:00AM L1 6:30PM L17	11 6PM WE L8 7PM L18	12 11:00AM L2 6:30 L19	13 6:30PM RD GUARD	14 EASTER WKEND NO CLASSES ==	15 =====	16 =====
17 11:00AM L3 6:30PM L20	18 6PM WE L9 7PM L21	19 11:00AM L4 6:30 L22	20 6:30PM RD SIDEMOUNT	21 11:00AM RD STANDING	22 9:45 AM WE L10 11AM L23	23
24 11:00AM L5 6:30PM L1	25 6PM WE RD 7PM L2	26 11:00AM L6 6:30 L3	27 6:30PM RD STANDING	28 11:00AM RD FREESTYLE	29 9:45 AM WE L1 11AM L4	30

Street Readiness in 23 Lessons!
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 lessons can be completed in any order.

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! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.

Blue 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 Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the Blue Belt Qualification Requirements handout for details.