



# 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)

MAY 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 11:00AM L7 6:30PM L5	2 6PM WE L2 7PM L6	3 11:00AM L8 6:30 L7	4 6:30PM FREESTYLE	5 11:00AM RD MOUNT	6 9:45 AM WE L3 11AM L8	7
8 11:00AM L9 6:30PM L9	9 6PM WE L4 7PM L10	10 11:00AM L10 6:30 L11	11 6:30PM MOUNT	12 11:00AM RD GUARD	13 9:45 AM WE L5 11AM L12	14
15 11:00AM L11 6:30PM L13	16 6PM WE L6 7PM L14	17 11:00AM L12 6:30 L15	18 6:30PM RD GUARD	19 11:00AM RD SIDEMOUNT	20 9:45 AM WE L7 11AM L16	21
22 11:00AM L13 <b>VICTORIA DAY - NO EVENING CLASS -</b>	23 6PM WE L8 7PM L17	24 11:00AM L14 6:30 L18	25 6:30PM RD SIDEMOUNT	26 11:00AM RD STANDING	27 9:45 AM WE L9 11AM L19	28
29 11:00AM L15 6:30PM L20	30 6PM WE L10 7PM L21	31 11:00AM L16 6:30 L22	27 6:30PM RD STANDING	28 11:00AM RD FREESTYLE	29 9:45 AM WE RD 11AM L23	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.