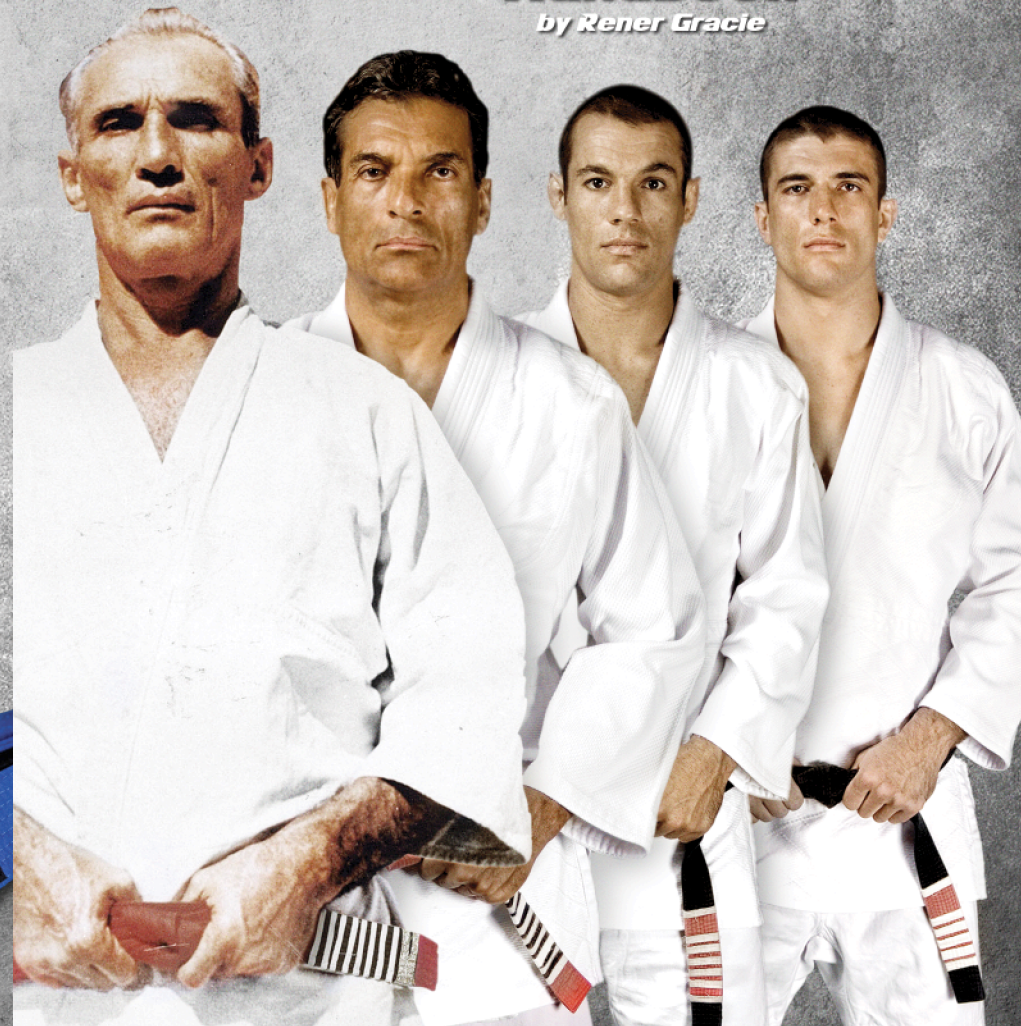




# Gracie<sup>®</sup> Combatives<sup>®</sup>

**Blue Belt Qualification  
Handbook**  
by Rener Gracie



**STUDENT NAME**

TRAINING START DATE

BLUE BELT QUALIFICATION DATE



[www.GracieAcademy.com](http://www.GracieAcademy.com)

Lesson			Location		Confidence*		
#	Technique	Position	Page	Disc	Low	Med	High
1	Trap and Roll Escape	Mount	17	1			
2	Americana Armlock	Mount	18	1			
3	Positional Control	Mount	19	1			
4	Take the Back	Mount	20	2			
5	Rear Naked Choke	Back Mount	21	2			
6	Leg Hook Takedown	Standing	22	2			
7	Clinch (Aggressive Opponent)	Standing	23	3			
8	Punch Block Series (Stages 1-4)	Guard	24	3			
9	Straight Armlock	Mount	25	3			
10	Triangle Choke	Guard	26	4			
11	Elevator Sweep	Guard	27	4			
12	Elbow Escape	Mount	28	4			
13	Positional Control	Side Mount	29	5			
14	Body Fold Takedown	Standing	30	5			
15	Clinch (Conservative Opponent)	Standing	33	5			
16	Headlock Counters	Mount	34	6			
17	Double Leg Takedown	Standing	35	6			
18	Headlock Escape 1	Side Mount	36	6			
19	Straight Armlock	Guard	37	7			
20	Double Ankle Sweep	Guard	38	7			
21	Pull Guard	Standing	39	7			
22	Headlock Escape 2	Side Mount	40	8			
23	Guillotine Choke	Standing	41	8			
24	Shrimp Escape	Side Mount	41	8			
25	Kimura Armlock	Guard	43	9			
26	Standing Headlock Defense	Standing	44	9			
27	Punch Block Series (Stage 5)	Guard	45	9			
28	Hook Sweep	Guard	46	10			
29	Rear Takedown	Standing	47	10			
30	Haymaker Punch Defense	Standing	48	10			
31	Take the Back	Guard	49	11			
32	Guillotine Defense	Standing	50	11			
33	Elbow Escape	Side Mount	51	11			
34	Standing Armlock	Standing	52	12			
35	Twisting Arm Control	Mount	53	12			
36	Double Underhook Guard Pass	Guard	54	12			

Blue Belt Qualification Requirements							
N/A	Blue Belt Qualification Drill 1	Mount	59	13			
N/A	Blue Belt Qualification Drill 2	Guard	59	13			
N/A	Blue Belt Qualification Drill 3	Side Mount	60	13			
N/A	Blue Belt Qualification Drill 4	Standing	60	13			
N/A	Blue Belt Qualification Drill 5	Freestyle	60	13			

\* See **Section 2** for recommended training schedule and Confidence Tracking Guidelines.

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## **DISCLAIMER**

Please note that the author and the publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques described within. Since the physical activities described herein may be too strenuous in nature for some readers to engage in safely, it is essential that a physician be consulted prior to training.

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3515 Artesia Boulevard  
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[www.GracieAcademy.com](http://www.GracieAcademy.com)

## ***Preface***

**Congratulations!** By enrolling in the Global Training Program you are now an official student of the Gracie Jiu-Jitsu Academy®. The Gracie Combatives course is the first step in your quest for Gracie Jiu-Jitsu® mastery – a lengthy, but immensely rewarding journey that will culminate in a week-long test for black belt at the Gracie Jiu-Jitsu Academy in Torrance, California.

We have designed the Gracie Combatives course to take you from “potential victim” to “street ready” in the least amount of time possible through mastery of the most important and effective Gracie Jiu-Jitsu techniques. By mastering all variations of the 36 essential techniques featured on the DVDs, you will be eligible for promotion to blue belt.

This handbook consists of four sections:

- 1) Introduction
- 2) Progress Tracking
- 3) The Blue Belt Qualification Test
- 4) The Path to Black Belt

The key to Gracie Combatives success is to take your time in completing the course and to focus on the details of each lesson. Do this, and when the time comes to take the Blue Belt Qualification Test, your performance will meet, or exceed, the Gracie Academy standards.

Ryron and I are deeply indebted to our grandfather, Grand Master Helio Gracie, for creating the most effective system of self-defense the world has ever known. We are especially grateful to our father, Rorion Gracie, for dedicating his life to the preservation of the techniques and principles of Gracie Jiu-Jitsu and for teaching them to us so that we could commit our lives to empowering others.

***-Renner Gracie***

## ***Foreword by Rorion Gracie***

At a very young age, my father, Helio Gracie, learned traditional Japanese Jiu-Jitsu techniques from his older brother, Carlos. In the late 1920s, he began to modify these techniques to accommodate his frail physique with the objective of developing a system that would enable him to defend himself against larger opponents. After years of refinement, he proved his art's effectiveness by routinely defeating larger and stronger opponents, some of whom outweighed him by as much as 100 pounds. As a result, my father's techniques quickly became the new expression of jiu-jitsu in Brazil and set the stage for a worldwide revolution in martial arts.

In 1967, under my father's guidance, jiu-jitsu practitioners established the first Federation of Jiu-Jitsu in Brazil to host recreational competitions in which they could test their self-defense skills in a safe setting. An unintended by-product of this development was a shift from jiu-jitsu for self-defense purposes to sport-focused techniques and applications. The excitement and fun of competition, coupled with the prestige that accompanied tournament victories, drove the vast majority of jiu-jitsu instructors to focus entirely on preparing their students for tournaments. They dedicated their training sessions to developing techniques that would lead to victory based on the point system, rules, and weight classes that governed sport jiu-jitsu. Unfortunately, the tournament epidemic had dire consequences. It undermined the art's effectiveness because most sport jiu-jitsu techniques had little or no applicability in a real fight. Worse, by perfecting the sport techniques, a student often developed reflexes that could be disastrously counter-productive in a street self-defense situation. Unwilling to compromise on the foundational principles of his art, my father resigned from the Federation.

In 1978, I left Brazil and came to the United States to share my father's techniques with the rest of the world. Upon my arrival, I immediately noticed that most Americans had no appreciation for jiu-jitsu's effectiveness. Even those with knowledge of martial arts confused my father's art with the traditional Japanese Jiu-Jitsu that had been in America since the 1950s. In order to emphasize the distinction between the two disciplines, I trademarked the name “Gracie Jiu-Jitsu.”

## ***Foreword***

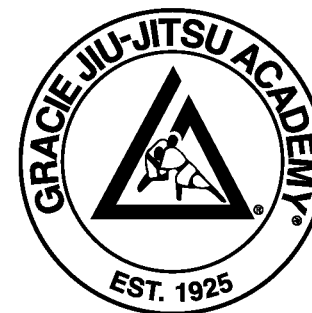
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I spent several years leading a one-man campaign to open the eyes of American martial artists to Gracie Jiu-Jitsu's simplicity and effectiveness and concluded that, despite my tireless and constant efforts, I needed a more powerful and visible way to demonstrate the superiority of Gracie Jiu-Jitsu over all other martial arts. To accomplish this, I created the Ultimate Fighting Championship® (UFC®). This pay-per-view television spectacle shocked the martial arts world as my brother Royce used the simple techniques of Gracie Jiu-Jitsu to repeatedly defeat larger, more athletic opponents armed with a wide variety of martial arts skills.

The success of Gracie Jiu-Jitsu in the UFC spurred many sport jiu-jitsu practitioners to leave Brazil in order to capitalize on the increased demand for Gracie Jiu-Jitsu instruction. Due to legal restrictions on the use of the trademarked name "Gracie Jiu-Jitsu," these instructors began using the name "Brazilian Jiu-Jitsu" as an alternative.

The influx of sport jiu-jitsu instructors, many of whom were members of the very large extended Gracie family, led to the establishment of numerous jiu-jitsu schools all across the United States. Nearly all of these schools claimed to teach the same jiu-jitsu that Grand Master Helio Gracie had created and Royce employed in the UFC. In fact, they were teaching a version of the art modified specifically for sport competition. Students hoping to acquire the realistic self-defense skills they saw in the UFC flocked to these schools and often trained for several years before they came to the disappointing realization that what they were learning had very limited street applicability.

The worldwide demand for Gracie or Brazilian Jiu-Jitsu instruction continues to grow at a phenomenal rate – without regulation. As a result, many jiu-jitsu practitioners with widely varying skill levels have opened schools to capitalize on this demand. At best, these self-proclaimed instructors are competent sport jiu-jitsu practitioners. At worst, they are marginally skilled, lack depth of knowledge, or are simply poor instructors. In neither case are they capable of teaching jiu-jitsu for street self-defense in accordance with the exacting standards of the Gracie Jiu-Jitsu Academy. To counter this disturbing trend, we have launched the Gracie Global Training Program aimed at preserving and perpetuating the techniques and principles of Gracie Jiu-Jitsu in their purest form – as a method of self-defense.



# ***Section 1***

## ***Introduction***

### The Gracie Global Training Program

Through the Gracie Global Training Program, students worldwide can now learn Gracie Jiu-Jitsu, straight from the source, using any of the following three methods:

- 1) Fully comprehensive instructional DVDs
- 2) Online instruction at [www.GracieUniversity.com](http://www.GracieUniversity.com)
- 3) A global network of accredited training centers

Video and web-based instruction coupled with a revolutionary Video Evaluation Process now enables us to evaluate your skill level and award official belt promotions with no requirement for your physical presence at the Gracie Academy headquarters in Torrance, California.

### The Gracie Jiu-Jitsu Belt System

Our objective is to empower you with the techniques and strategies to defeat a larger, more athletic opponent in a real fight. We will track your journey to Gracie Jiu-Jitsu mastery by awarding a different colored belt for demonstrating proficiency in each course of the Gracie Jiu-Jitsu curriculum. You will start as a white belt. You will receive a blue belt after you master the Gracie Combatives techniques. Should you decide to continue training after you earn your blue belt, you will progress to purple, brown, black, red/black, and red belt over the course of your study.

Unlike most jiu-jitsu schools, we do not promote students on the basis of tournament performances. Most “tournament techniques” do not effectively address what to do if your attacker is punching you and, as a result, can hinder your performance in a real fight. At the Gracie Academy, we have always believed that the only true way to measure a student’s progress in Gracie Jiu-Jitsu is to evaluate their performance in a real fight; but since we also believe that you should only use the techniques in self-defense, we have found other ways of measuring progress.

In Section 3 of this handbook, you will find detailed information describing the Blue Belt Qualification Test that you must pass for promotion. We highly recommend that you read Section 3 prior to beginning your training so that you are fully aware of what we will expect from you upon completion of the course and promotion eligibility.

### The Founding Principles of Gracie Jiu-Jitsu

As a grandson of Grand Master Helio Gracie, the creator of Gracie Jiu-Jitsu, many people ask me questions about the history of the art. Most often, they inquire about the differences between the original Japanese Jiu-Jitsu and modern-day Brazilian or Gracie Jiu-Jitsu. I overheard my grandfather answer these types of questions many times.

The Grand Master explains that, because he was introduced to the Japanese art at such a young age, he does not remember many of the techniques in their original form. However, he vividly recalls experiencing great difficulty when he attempted to use the techniques on a larger opponent and, as a result, had to modify nearly everything he had learned to accommodate his frail physique. He points out that, despite the overall effectiveness and value of the Japanese techniques, nearly all of them had one or more limitations that prevented them from being fully useful to him. In most cases, my grandfather attributed the limitations to: 1) inapplicability against a striking opponent in a real fight, 2) overreliance on strength or speed, and/or 3) dependence on body movements that were awkward or uncomfortable for him. Accordingly, he began modifying the art to ensure that every technique was fully street applicable, energy efficient, and based on natural body movements. Using these principles as a guide, he spent several years developing a complete system of self-defense consisting only of techniques that he could successfully apply against larger opponents. Confident in his adaptations, he spent the next thirty years of his life proving his system’s effectiveness by using it to defeat numerous challengers, including several opponents who outweighed him by as much as 100 pounds.

### The Gracie Guidelines

After nearly a century of testing in a wide variety of settings, Grand Master Helio Gracie’s system of self-defense remains fundamentally sound and intact. To be sure, three generations of Gracie family members, and other equally committed practitioners of the art, have evolved the original techniques and added to the Gracie Jiu-Jitsu arsenal. All of these changes, however, strictly adhere to the Grand Master’s requirements for street applicability, energy efficiency, and natural body movement. Today, we call these requirements the “Gracie Guidelines.”

On your path towards Gracie Jiu-Jitsu mastery, your knowledge of the Gracie Guidelines will serve you in two important ways. First, it will enable you to solve problems on your own by modifying techniques in accordance with the guidelines; second, it will enable you to recognize the multitude of impure techniques that are being developed by instructors who do not know, or choose not to adhere to, the founding principles of the art.

## **Gracie Guideline #1: Street Applicability**

Focus only on practicing techniques that are fully street applicable. Practicing techniques that are not “punch proof” will cause you to develop a false sense of security. By practicing techniques that keep you safe from strikes, you will develop the most important reflexes and avoid habits that could lead to injury in a real fight. If you modify a technique, you must verify that the new variation keeps you safe from all potentially dangerous strikes.

## **Gracie Guideline #2: Energy Efficiency**

Any technique that relies on speed and power rather than leverage and timing is not energy efficient. In a real fight there is no time limit, so you must learn to save your energy. The only reliable way for you to defeat a larger, more athletic opponent is to utilize techniques that cause your opponent to exhaust energy, while simultaneously preserving your own. Before adding any technique to your arsenal, you must verify that it is more reliant on leverage and proper timing than on your athletic capabilities. Do not trust techniques based on strength or speed as they are unlikely to work against a larger, stronger attacker.

## **Gracie Guideline #3: Natural Body Movements**

Any technique that requires you to move your body unnaturally is likely to fail in the heat of battle. Natural body movement is the best foundation on which to build the instinctive reflexes needed in a real fight.

## **Violations of Guideline # 1**

With the demand for Brazilian Jiu-Jitsu instruction at an all-time high, thousands of self-proclaimed Brazilian Jiu-Jitsu instructors have opened schools around the world and are creating or modifying techniques at an unprecedented rate. The problem is that most of these techniques violate the first guideline of Gracie Jiu-Jitsu – they are not street applicable. The main reason for the divergence from this foundational principle is that these instructors are creating techniques for sport competition rather than real street fights. Any technique that is designed to work in any kind of controlled competition with all of their associated rules, weight classes, time limits, safety considerations, and point systems, will give the practitioner a false sense of security since these circumstances are totally non-existent in a real fight.

## **Violations of Guidelines #2 & #3**

Violations of Guidelines #2 and #3 occur when fast, strong, and/or flexible instructors modify the techniques. In contrast, it was my grandfather's lack of athleticism that forced him to develop techniques that relied almost exclusively on leverage, making them reliable for any student, regardless of their size and athletic ability. Today, nearly all of the individuals who are making the adaptations are impressive, competitive athletes and many of their “solutions” to sport situations rely on their superior physical attributes. When a student, who is smaller, weaker, slower, or less flexible than the instructor tries to learn these techniques, they invariably face difficulty due to their lack of equivalent athleticism. Even if a student masters one of these techniques, they will find it difficult to use it in a real fight against a more athletic opponent. Their reliance on excessive energy or an unnatural body movement will lead to exhaustion, at which point they will realize the fundamental flaws in the modified technique.

## **The Three Fundamental Questions**

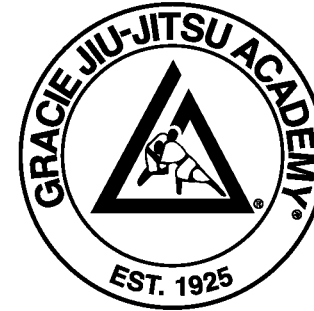
At the Gracie Jiu-Jitsu Academy, our primary concern is to preserve the techniques as they were developed and practiced by the Grand Master so that we can effectively teach them to the greatest number of people. In doing so, we are very careful not to practice or teach any techniques that violate the founding principles. Few schools, if any, share this concern for the preservation of the pure techniques, so you must be very discerning when adding techniques and strategies to your arsenal. To test the reliability of a new technique, ask the following three questions:

- 1) Can I apply this technique in a real fight against a striking opponent?
- 2) Is this technique energy efficient enough to be applied against a larger opponent?
- 3) Is this technique based on movements that are natural for my body?

If you cannot answer “yes” to all three questions, then you risk adding a technique to your arsenal that could lead to your demise in a street self-defense situation.

## **Final Warning**

Practicing tournament or sport techniques is risky even if you understand that they will not work in a real fight. In a real fight, you must rely on trained instincts. If you dilute your training with impure, unrealistic, sport applications of Gracie Jiu-Jitsu, you will hinder your ability to respond quickly and effectively with the right technique. Worse, you may reflexively execute a sport technique with potentially disastrous consequences. While there is little harm in sampling other techniques to expand your understanding of Gracie Jiu-Jitsu, you risk developing bad habits if you practice these techniques to the point of developing reflexes.



***Section 2***  
***Progress Tracking***



**Congratulations!** You have taken the first step on your journey towards Gracie Jiu-Jitsu mastery. You begin the journey as a Gracie Jiu-Jitsu white belt. When you complete the Gracie Combatives course, you will have perfected the 36 most important techniques of the art and you will be eligible for promotion to blue belt! The Gracie Combatives Instructional DVD Course will guide you every step of the way, just as if you were receiving private lessons at the Gracie Jiu-Jitsu Academy. Using a revolutionary training process called Dynamic Reflex Development™, this course will enable you to develop reflexes more rapidly than you ever thought possible. This handbook will assist you in tracking your progress and documenting the details of your training on the path to blue belt.

### The Key to Confidence

At the Gracie Academy, we require all students to complete each Gracie Combatives lesson three times before they are allowed to take the Blue Belt Qualification Test. We have found that the abundance of details presented in each lesson overwhelms most students, and the only way to develop full confidence is to study and practice the entire lesson at least three times.

The first iteration will enable you to practice the technique in slow motion. During the second iteration, you will identify additional details that will improve your execution and increase your confidence in the technique. By the third iteration, you will truly understand all the details and begin to develop the confidence necessary to successfully apply the technique in a real fight.

It is essential that you approach each iteration of every lesson with a high level of attentiveness. If you do this, you will dramatically increase your confidence each time you repeat a lesson. Use the Blue Belt Checklist, located on the first page of this book, to track your progress and note how your confidence grows with each iteration of a lesson.

Our experience teaching this course reveals that students retain more details and learn the techniques better if they study three consecutive lessons before reviewing any one of them. The following table illustrates our recommended schedule for the first thirty days of your training:

### Recommended Training Schedule

Day 1	<b>Lesson 1</b>	<i>1st Time</i>
Day 2	<b>Lesson 2</b>	<i>1st Time</i>
Day 3	<b>Lesson 3</b>	<i>1st Time</i>
Day 4	<b>Lesson 1</b>	<i>2nd Time</i>
Day 5	<b>Lesson 2</b>	<i>2nd Time</i>
Day 6	<b>Lesson 3</b>	<i>2nd Time</i>
Day 7	<b>Lesson 4</b>	<i>1st Time</i>
Day 8	<b>Lesson 5</b>	<i>1st Time</i>
Day 9	<b>Lesson 6</b>	<i>1st Time</i>
Day 10	<b>Lesson 1</b>	<i>3rd Time</i>
Day 11	<b>Lesson 2</b>	<i>3rd Time</i>
Day 12	<b>Lesson 3</b>	<i>3rd Time</i>
Day 13	<b>Lesson 4</b>	<i>2nd Time</i>
Day 14	<b>Lesson 5</b>	<i>2nd Time</i>
Day 15	<b>Lesson 6</b>	<i>2nd Time</i>

Day 16	<b>Lesson 7</b>	<i>1st Time</i>
Day 17	<b>Lesson 8</b>	<i>1st Time</i>
Day 18	<b>Lesson 9</b>	<i>1st Time</i>
Day 19	<b>Lesson 4</b>	<i>3rd Time</i>
Day 20	<b>Lesson 5</b>	<i>3rd Time</i>
Day 21	<b>Lesson 6</b>	<i>3rd Time</i>
Day 22	<b>Lesson 7</b>	<i>2nd Time</i>
Day 23	<b>Lesson 8</b>	<i>2nd Time</i>
Day 24	<b>Lesson 9</b>	<i>2nd Time</i>
Day 25	<b>Lesson 10</b>	<i>1st Time</i>
Day 26	<b>Lesson 11</b>	<i>1st Time</i>
Day 27	<b>Lesson 12</b>	<i>1st Time</i>
Day 28	<b>Lesson 7</b>	<i>3rd Time</i>
Day 29	<b>Lesson 8</b>	<i>3rd Time</i>
Day 30	<b>Lesson 9</b>	<i>3rd Time</i>

It will take exactly 108 days/training sessions (36 lessons x 3 iterations) to complete the entire course using this schedule. We believe this approach will most efficiently build your confidence and competence as you prepare for the Blue Belt Qualification Test.

### Technique Troubleshooting

With more than eighty years of experience developing and instructing Gracie Jiu-Jitsu to a wide variety of students, my family has addressed nearly every question and situation that may arise in conjunction with the practice of this martial art. We found that the following five questions cover 90% of all those that our students ask. Furthermore, we found that we can usually answer these questions by applying a set of established problem solving principles.

If you have a question about a technique, first review the entire lesson to ensure you did not miss something, as there are many details in each segment. Next, determine if your problem falls under one of the Five Most Frequently Asked Questions, and apply the problem solving principles to find your answer. If you're still having trouble, then visit [www.GracieAcademy.com](http://www.GracieAcademy.com) where you can post your question to a technical web forum, and an instructor from the Gracie Academy will assist you in finding the answer.

### Five Most Frequently Asked Questions:

#### **Question #1: Why isn't this move working for me?**

Problem Solving Principle: Apply the four reasons that account for most students' inability to execute a technique.

##### **Reason #1: Missing Details**

The most common reason for difficulty with a technique is that you simply overlooked an essential detail. Watch the lesson one or two more times to ensure that you have learned every detail.

##### **Reason #2: Bad "Bad Guy" Behavior**

We designed the Gracie Combatives techniques to neutralize or counter the most likely attacks that would occur in a real fight. For this reason, it is very important that the "bad guy" realistically simulates the attacker behavior, or the technique may not work. Review the "Bad Guy Reminders" that are discussed in the presentation.

##### **Reason #3: Bad Timing**

Timing is everything. If you feel that you are performing all the steps correctly but the technique is still not working, there is a good chance that your timing is off. Review the lesson for hints on how you can use better timing to increase your effectiveness.

##### **Reason #4: Physical Limitations**

Although the Gracie Combatives techniques have been proven effective for most people, it is possible that an extreme physical limitation prevents you from successfully applying a technique. However, it is very important that you verify the problem is not due to reasons 1-3 before concluding that you cannot physically execute the technique. If a physical limitation is the problem, we recommend you use your understanding of the Gracie Guidelines to modify the technique to accommodate your body or consider using another technique from the curriculum to solve the problem.

#### **Question #2: What if the bad guy does something different?**

Problem Solving Principle: The objective of the Gracie Combatives course is to prepare you to defend against the most common attacks that a larger, unskilled opponent would use in a real fight. If during the practice of a technique your partner varies the attack behavior from that covered in the instruction, then consider the following:

##### **Consideration #1: Street Realness**

Remember that the Gracie Combatives techniques address the most natural and, therefore, most common bad guy behaviors. Your training partner's role is to consistently simulate

the most common behavior so that you can perfect the techniques as you are most likely to apply them in a street fight. A poor training partner will constantly change behavior in order to defeat the techniques. This will prevent you from learning the techniques properly and may even promote development of bad habits. We will address all the "what if" scenarios later in your training.

##### **Consideration #2: Training Speed, Street Speed, and the Surprise Element**

When practicing, always execute the techniques so slowly that it is impossible to make a mistake. The slow pace and predictability of proper training will provide your partner with many opportunities to counter the technique. Again, your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques – not to fight with you. Eventually, your diligent and exacting practice will produce precise, efficient, and quick reflexes that will leave your attacker with no opportunity to counter your techniques. In a real fight, you will also have the advantage of surprise since your attacker will have no advanced knowledge of how you react to his actions.

##### **Consideration #3: The Complete Curriculum Will Address Nearly Every Scenario**

If the modified bad guy behavior is legitimate, you can either wait to learn the solution to the problem in a future lesson, or you can use the Gracie Guidelines to develop your own temporary solution. Above all, remember that you must perfect the 36 Gracie Combatives techniques as we present them in the course. Any time you spend on modifications based on less likely bad guy behaviors will slow your progress toward blue belt and delay your access to the remaining 600+ techniques of Gracie Jiu-Jitsu.

#### **Question #3: Can't the bad guy punch you from there?**

Problem Solving Principle: Gracie Jiu-Jitsu is a grappling art that puts you within very close range of your opponent. As a result, you must be constantly aware of your opponent's ability to punch you. Here are some facts you must consider regarding punches:

##### **Fact #1: You Will Get Punched**

In a fight, the question is not whether you will get punched, but whether or not the punch will hurt you. We score a punch's effectiveness from 1-10 on the hypothetical "Punch Power Scale" with "1" being a weak punch and "10" representing a potential knockout blow. The objective of Gracie Jiu-Jitsu techniques is to completely avoid all punches that score 5 or above and minimize the rest.

##### **Fact #2: Distance is Everything**

In order for a punch to land effectively, your opponent must establish the proper distance and angle. Accordingly, your ability to neutralize punches is almost entirely based on how effectively you control the distance and angles between your face and your opponent's fists. Any time you are within two arms reach of your opponent, you are liable to get hit. The key

is to remain calm and understand that you can neutralize any punch by positioning yourself either inside or outside the optimal punching range. When you are inside optimal punching range, your opponent will be able to touch your head but will not be able to hit hard enough to hurt you.

### **Fact #3: Punching is Exhausting**

It takes a lot of energy to punch. Whenever your opponent is throwing punches that score 4 or below, you may take solace in knowing that the punches are probably more exhausting to them than they are damaging to you and that you will soon have the opportunity to take advantage of your opponent's weakened state.

### **Question #4: What if the bad guy attacks my eyes or my groin in this situation?**

Problem Solving Principle: Although street fights have no rules, we have found that larger and stronger opponents prefer to punch the face rather than attack the eyes and/or groin. However, in order to defend against dirty fighting techniques you must adopt the following priorities:

#### **Priority #1: Respect the Punch**

Since punches are the most common form of attack and the most immediate threat at any given time, stopping them must be your first priority. Shift your priority to defend against other types of attacks only if your opponent clearly resorts to a dirty fighting technique (eye gouge, groin shot, biting, etc.). Even when defending against other attacks, never forget to block the punches.

#### **Priority #2: Master the Techniques**

You will have truly mastered the Gracie Combatives techniques when you can apply them without conscious thought. Once you reach this level, you will remain calm and easily read your opponent's behavior in the midst of a fight enabling you to quickly neutralize any type of attack before it happens. Your controlling techniques and calm mind are your most reliable defense mechanisms.

### **Question #5: What if the bad guy is too big?**

Problem Solving Principle: We have proven the effectiveness of every technique presented in the Gracie Combatives course against larger opponents. Here are some facts regarding the use of the techniques against much larger adversaries:

### **Fact #1: True Mastery Takes Time**

Learning a technique is a relatively simple process that can be accomplished in one lesson. However, perfecting the technique takes months if not years. We have found that your ability to handle larger opponents increases as you improve your mastery of the technique. As your proficiency increases, practice against progressively larger partners until you find your limit – if you have one.

### **Fact #2: Reach Maximum Potential with Perfect Technique**

Most Gracie Jiu-Jitsu techniques will work against an opponent of any size when executed with perfect timing and accuracy. While you can't control the size of your attacker, you can control the amount of time and energy you dedicate to perfecting the techniques. Your ability to successfully apply your techniques against a giant is directly related your mastery of the skills.

## Gracie Combatives Course Outline

In each of the lessons featured in the Gracie Combatives DVD course, Ryron and I completely dissect each technique, providing a level of detail that meets or exceeds what you would experience in a private lesson at the Gracie Jiu-Jitsu Academy. If you are a first time Gracie Jiu-Jitsu student and have any difficulty digesting all the information in one viewing, simply watch the presentation one or two more times before attempting to practice the technique or drill.

Use this section of the handbook to document the details of your experiences during training sessions. In the following pages you will find the technique name, technical "slices," indicators, and a brief description of the Dynamic Reflex Development drills for each of the 36 lessons. Technical Slices are individual drills that present the details of a partial technique or introduce a common variation on the standard application. Indicators are your opponent's physical movements that trigger your employment of a technique. Understanding the slice details and indicators is the most important part of the instruction and warrants close study. We also emphasize the "Most Important Details" of each technique as well as "Bad Guy Reminders" and "Safety Tips." Use the allotted note space in this handbook to document these critically important components of your training to increase retention, and so that you may reference them when you are training without the assistance of the DVDs.

# Lesson 1

**Technique:** Trap and Roll Escape  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Trap and Roll Escape** – Mount (L1)

### **Slice 1: Standard Variation**

Indicator: Opponent grabs your chest or throat with one or both hands.

### **Slice 2: Punch Block Variation**

Indicator: Opponent sits up to throw punches.

### **Slice 3: Headlock Variation**

Indicator: Opponent establishes a headlock and inserts the grapevines.

### **Slice 4: Open Guard Pass**

Indicator: Opponent's legs remain uncrossed after the Trap and Roll Escape is executed.

# Lesson 2

**Technique:** Americana Armlock  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Trap and Roll Escape** – Mount (L1)  
In combination with all variations of the  
**Americana Armlock** – Mount (L2)

### **Slice 1: Basic Application**

(Preparation Drill)

### **Slice 2: Standard Variation**

Indicator: Opponent fears punches and protects their face with both hands.

### **Slice 3: Neck-hug Variation**

Indicator: Opponent exposes their arm while you maintain control of their neck.

# Lesson 3

**Technique:** Positional Control  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of  
**Positional Control** – Mount (L3)  
In combination with all variations of the  
**Americana Armlock** – Mount (L2)

### **Slice 1: Hips and Hands**

(Preparation Drill)

### **Slice 2: Anchor and Base**

Indicator: Opponent attempts to escape by pushing you to the side.

### **Slice 3: Low Swim**

Indicator: Opponent attempts to wrap your posted arm and roll you out.

### **Slice 4: High Swim**

Indicator: Opponent pushes straight up on your chest or throat with one or both hands.

## FIGHT SIMULATION DRILL

- 1) **Trap and Roll Escape** – Mount – **Headlock Variation** (L1)
- 2) **Positional Control** – Mount – **Low Swim** (L3)
- 3) **Americana Armlock** – Mount – **Neck-hug Variation** (L2)

# Lesson 4

**Technique:** Take the Back  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of  
**Positional Control** – Mount (L3)  
In combination with all variations of  
**Take the Back** – Mount (L4)

### **Slice 1: Take the Back**

Indicator: Opponent rolls to their knees to escape the mount.

### **Slice 2: Remount Technique**

Indicator: Opponent attempts to escape the back mount.

## FIGHT SIMULATION DRILL

- 1) **Trap and Roll Escape** – Mount – **Punch Block Variation** (L1)
- 2) **Positional Control** – Mount – **High Swim** (L3)
- 3) **Take the Back** – Mount – **Remount Technique** (L4)
- 4) **Americana Armlock** – Mount – **Standard Variation** (L2)

# Lesson 5

**Technique:** Rear Naked Choke  
**Position:** Back Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of  
**Take the Back** – Mount (L4)  
In combination with all variations of the  
**Rear Naked Choke** – Back Mount (L5)

### Slice 1: Basic Application

(Preparation Drill)

### Slice 2: Strong Side Variation

Indicator: Opponent falls towards the over-hooked arm.

### Slice 3: Weak Side Variation

Indicator: Opponent falls towards the under-hooked arm.

## FIGHT SIMULATION DRILL

- 1) **Trap and Roll Escape** – Mount – **Standard Variation** (L1)
- 2) **Positional Control** – Mount – **High Swim** (L3)
- 3) **Take the Back** – Mount (L4)
- 4) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)

# Lesson 6

**Technique:** Leg Hook Takedown  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Leg Hook Takedown** – Standing (L6)  
In combination with all variations of  
**Positional Control** – Mount (L3)

### Slice 1: Clinch Control

(Preparation Drill)

### Slice 2: Leg Hook Takedown

Indicator: Opponent maintains a wide base when you establish the clinch.

## FIGHT SIMULATION DRILL

- 1) **Leg Hook Takedown** – Standing (L6)
- 2) **Take the Back** – Mount (L4)
- 3) **Rear Naked Choke** – Back Mount – **Strong Side Variation** (L5)
- 4) **Remount Technique** – Back Mount (L4)
- 5) **Americana Armlock** – Mount – **Neck-hug Variation** (L2)

# Lesson 7

**Technique:** Clinch (Aggressive Opponent)  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Clinch (Aggressive Opponent)** –  
Standing (L7) In combination with the  
**Leg Hook Takedown** – Standing (L6)

### Slice 1: Keep the Distance

(Preparation Drill)

### Slice 2: Close the Distance

Indicator: Opponent becomes aggressive and commits to attacking you.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Positional Control** – Mount – **Low Swim** (L3)
- 4) **Americana Armlock** – Mount – **Standard Variation** (L2)
- 5) **Take the Back** – Mount (L4)
- 6) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)

# Lesson 8

**Technique:** Punch Block Series (Stages 1-4)  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Americana Armlock** – Mount (L2)  
In combination with all variations of the  
**Punch Block Series** – Guard (L8)

### Slice 1: Stage 1

Indicator: Opponent attempts to punch your face from within your guard.

### Slice 2: Stage 2

Indicator: Opponent pulls their arm back to punch your body or head.

### Slice 3: Stage 3

Indicator: Opponent sits up to generate more powerful punches.

### Slice 4: Stage 4

Indicator: Opponent stands up to throw punches.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Take the Back** – Mount (L4)
- 4) **Rear Naked Choke** – Back Mount – **Strong Side Variation** (L5)
- 5) **Punch Block Series** – Guard – **All Stages** (L8)

# Lesson 9

**Technique:** Straight Armlock  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Trap and Roll Escape** – Mount (L1)  
In combination with all variations of the  
**Straight Armlock** – Mount (L9)

### Slice 1: Final Control

(Preparation Drill)

### Slice 2: Standard Variation

Indicator: Opponent reaches up for your chest or throat with one or both hands.

### Slice 3: Side Variation

Indicator: Opponent turns sideways underneath you but does not roll to their knees.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Positional Control** – Mount – **High Swim** (L3)
- 4) **Take the Back** – Mount – **Remount Technique** (L4)
- 5) **Straight Armlock** – Mount – **Side Variation** (L9)

# Lesson 10

**Technique:** Triangle Choke  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Punch Block Series** (Stages 1-4) – Guard (L8)  
In combination with all variations of the  
**Triangle Choke** – Guard (L10)

### Slice 1: Triangle Finish

(Preparation Drill)

### Slice 2: Stage 1.5 Variation

Indicator: Opponent is in your guard and you are able to establish Stage 1.5.

### Slice 3: Giant Killer Variation

Indicator: Opponent is in your guard and is too large for you to apply the Stage 1.5 Variation.

## FIGHT SIMULATION DRILL

- 1) **Trap and Roll Escape** – Mount – **Punch Block Variation** (L1)
- 2) **Positional Control** – Mount – **Anchor and Base** (L3)
- 3) **Straight Armlock** – Mount – **Standard Variation** (L9)
- 4) **Punch Block Series** – Guard – **Stages 1-4-1** (L8)
- 5) **Triangle Choke** – Guard – **Stage 1.5 Variation** (L10)



# Lesson 11

**Technique:** Elevator Sweep  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elevator Sweep** – Guard (L11)  
In combination with all variations of the  
**Straight Armlock** – Mount (L9)

### **Slice 1: Standard Variation**

Indicator: Opponent posts one leg to drive their weight forward and punch you.

### **Slice 2: Headlock Variation**

Indicator: Opponent establishes a headlock and posts the opposite leg to punch you.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Punch Block Series** – Guard – **Stages 1-3-4-1** (L8)
- 4) **Elevator Sweep** – Guard – **Headlock Variation** (L11)
- 5) **Straight Armlock** – Mount – **Side Variation** (L9)

# Lesson 12

**Technique:** Elbow Escape  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elbow Escape** – Mount (L12)  
In combination with all variations of the  
**Triangle Choke** – Guard (L10)

### **Slice 1: Shrimp Drill**

(Preparation Drill)

### **Slice 2: Standard Elbow Escape**

Indicator: Opponent prevents the Trap and Roll Escape by establishing wide base.

### **Slice 3: Hook Removal**

Indicator: Opponent inserts the leg hooks or “grapevines” for better control.

### **Slice 4: Fish Hook**

Indicator: Opponent resists the Standard Elbow Escape by keeping their leg heavy.

### **Slice 5: Heel Drag**

Indicator: Opponent neutralizes the Fish Hook by keeping their knee heavy and lifting their foot.

## FIGHT SIMULATION DRILL

- 1) **Elbow Escape** – Mount – **Hook Removal** (L12)
- 2) **Punch Block Series** – Guard – **Stages 1-2-1** (L8)
- 3) **Elevator Sweep** – Guard – **Standard Variation** (L11)
- 4) **Take the Back** – Mount (L4)
- 5) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)

# Lesson 13

**Technique:** Positional Control  
**Position:** Side Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of  
**Positional Control** – Side Mount (L13)  
In combination with all variations of  
**Positional Control** – Mount (L3)

### Slice 1: Roll Prevention

Indicator: Opponent attempts to escape by bridging and rolling explosively to either side.

### Slice 2: Guard Prevention

Indicator: Opponent attempts to put you in their guard.

### Slice 3: Mount Transition

Indicator: Opponent exhausts their escape attempts and you wish to mount.

## FIGHT SIMULATION DRILL

- 1) **Positional Control** – Side Mount – **Roll Prevention** (L13)
- 2) **Americana Armlock** – Mount – **Neck-hug Variation** (L2)
- 3) **Punch Block Series** – Guard – **Stages 1-2-4-1** (L8)
- 4) **Elevator Sweep** – Guard – **Headlock Variation** (L11)
- 5) **Straight Armlock** – Mount – **Standard Variation** (L9)

# Lesson 14

**Technique:** Body Fold Takedown  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

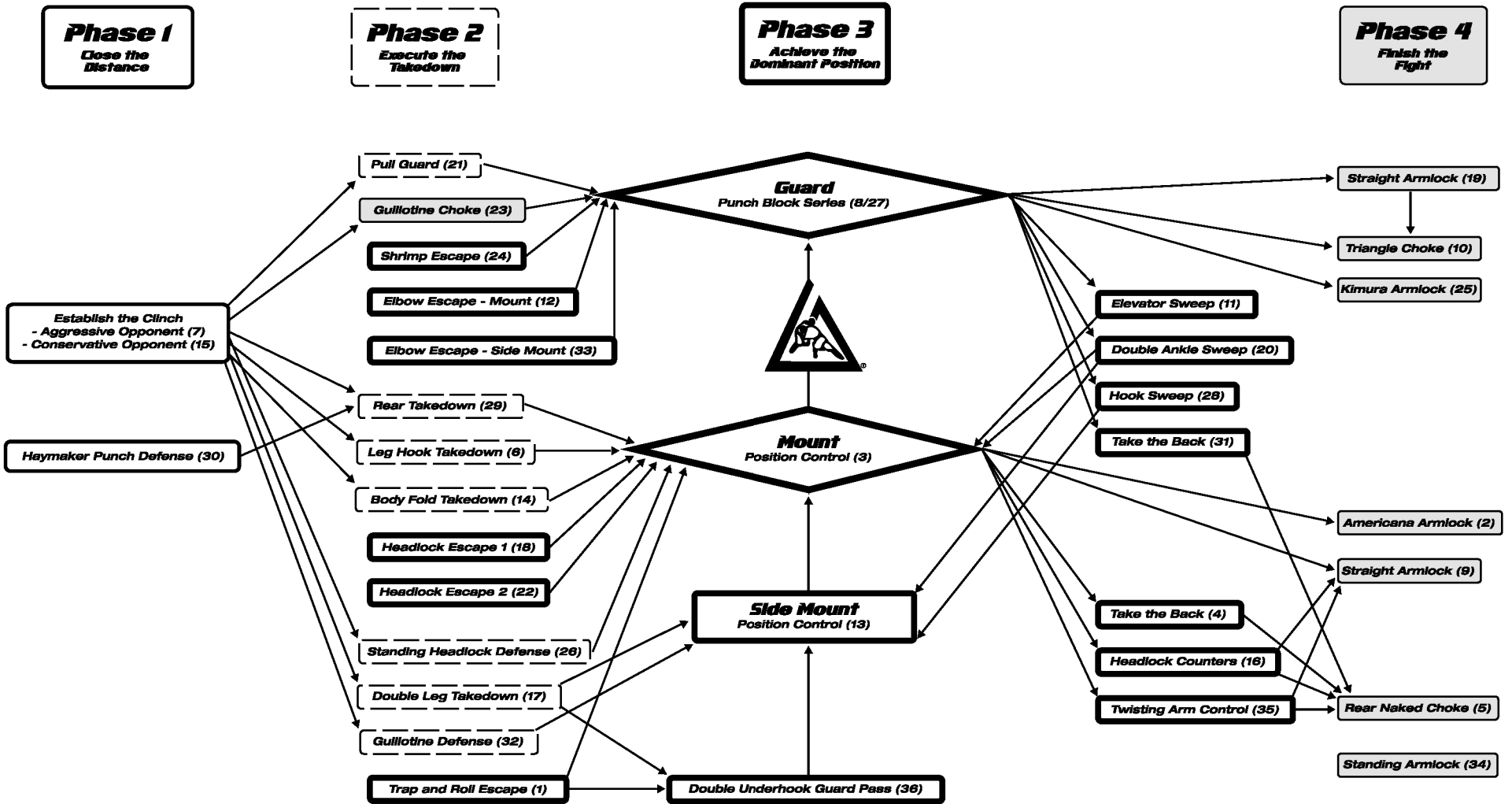
Practice the  
**Body Fold Takedown** – Standing (L14)  
In combination with  
**Take the Back** – Mount (L4)  
And all variations of the  
**Rear Naked Choke** – Back Mount (L5)

### Slice 1: Body Fold Takedown

Indicator: Opponent attempts to throw punches after you establish the clinch.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Body Fold Takedown** – Standing (L14)
- 3) **Positional Control** – Side Mount – **Guard Prevention** (L13)
- 4) **Take the Back** – Mount (L4)
- 5) **Punch Block Series** – Guard – **Stages 1-2-1** (L8)
- 6) **Triangle Choke** – Guard – **Giant Killer Variation** (L10)



# Lesson 15

**Technique:** Clinch (Conservative Opponent)  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Clinch (Conservative Opponent)** –  
Standing (L15) *In combination with the*  
**Body Fold Takedown** – Standing (L14)

### Slice 1: Surprise Entry

Indicator: Opponent advances towards you conservatively.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Conservative Opponent** (L15)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Take the Back** – Mount – **Remount Technique** (L4)
- 4) **Straight Armlock** – Mount – **Side Variation** (L9)
- 5) **Punch Block Series** – Guard – **Stages 1-4-1** (L8)
- 6) **Triangle Choke** – Guard – **Stage 1.5 Variation** (L10)

# Lesson 16

**Technique:** Headlock Counters  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elevator Sweep** – Guard (L11)  
*In combination with all variations of the*  
**Headlock Counters** – Mount (L16)

### Slice 1: Basic Positioning

(Preparation Drill)

### Slice 2: Prevent the Getup

Indicator: Opponent attempts to roll to their knees with the headlock intact.

### Slice 3: Back Mount Finish

Indicator: Opponent releases the headlock and rolls to their knees.

### Slice 4: Armlock Finish

Indicator: Opponent exhausts their escape attempts and keeps the headlock intact.

## FIGHT SIMULATION DRILL

- 1) **Elbow Escape** – Mount – **Fish Hook** (L12)
- 2) **Elevator Sweep** – Guard – **Standard Variation** (L11)
- 3) **Headlock Counters** – Mount – **Armlock Finish** (L16)
- 4) **Triangle Choke** – Guard – **Giant Killer Variation** (L10)

# Lesson 17

**Technique:** Double Leg Takedown  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Double Leg Takedown** – Standing (L17)  
In combination with all variations of  
**Positional Control** – Side Mount (L13)

### Slice 1: Basic Application

(Preparation Drill)

### Slice 2: Aggressive Opponent

Indicator: Opponent advances towards you aggressively.

### Slice 3: Conservative Opponent

Indicator: Opponent advances towards you conservatively.

## FIGHT SIMULATION DRILL

- 1) **Double Leg Takedown** – Standing – **Conservative Opponent** (L17)
- 2) **Positional Control** – Side Mount – **Roll Prevention** (L13)
- 3) **Headlock Counters** – Mount – **Back Mount Finish** (L16)
- 4) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)
- 5) **Elevator Sweep** – Guard – **Headlock Variation** (L11)
- 6) **Straight Armlock** – Mount – **Standard Variation** (L9)

# Lesson 18

**Technique:** Headlock Escape 1  
**Position:** Side Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of  
**Headlock Escape 1** – Side Mount (L18)  
In combination with all variations of the  
**Headlock Counters** – Mount (L16)

### Slice 1: Standard Frame Escape

Indicator: Opponent establishes a headlock from the side mount.

### Slice 2: Scissor Failure Variation

Indicator: Opponent effectively resists the Scissor Choke.

### Slice 3: Super Lock Variation

Indicator: Opponent does not release the headlock when you execute the Standard Frame Escape.

## FIGHT SIMULATION DRILL

- 1) **Double Leg Takedown** – Standing – **Aggressive Opponent** (L17)
- 2) **Positional Control** – Side Mount – **Guard Prevention** (L13)
- 3) **Positional Control** – Mount – **High Swim** (L3)
- 4) **Straight Armlock** – Mount – **Side Variation** (L9)
- 5) **Punch Block Series** – Guard – **Stages 1-3-4** (L8)
- 6) **Headlock Escape 1** – Side Mount – **Super Lock Variation** (L18)
- 7) **Headlock Counters** – Mount – **Armlock Finish** (L16)

# Lesson 19

**Technique:** Straight Armlock  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elbow Escape** – Mount (L12)  
In combination with all variations of the  
**Straight Armlock** – Guard (L19)

### Slice 1: Low Variation

Indicator: Opponent swims inside to attack your chest or throat with their head low.

### Slice 2: High Variation

Indicator: Opponent attacks your chest or throat with fully-extended arms and their head high.

### Slice 3: Triangle Transition

Indicator: Opponent pulls their arm out during your Straight Armlock attempt.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Conservative Opponent** (L15)
- 2) **Body Fold Takedown** – Standing (L14)
- 3) **Positional Control** – Mount – **Anchor and Base** (L3)
- 4) **Take the Back** – Mount (L4)
- 5) **Punch Block Series** – Guard – **Stages 1-2-1** (L8)
- 6) **Straight Armlock** – Guard – **High Variation** (L19)

# Lesson 20

**Technique:** Double Ankle Sweep  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Double Leg Takedown** – Standing (L17)  
In combination with all variations of the  
**Double Ankle Sweep** – Guard (L20)

### Slice 1: Knee Thrust Variation

Indicator: Opponent stands up with their feet very close to your hips.

### Slice 2: Stand up in Base

(Preparation Drill)

### Slice 3: Kick Variation

Indicator: Opponent is too tall for the Knee Thrust Variation to be effectively applied.

## FIGHT SIMULATION DRILL

- 1) **Elbow Escape** – Mount – **Heel Drag** (L12)
- 2) **Double Ankle Sweep** – Guard – **Knee Thrust Variation** (L20)
- 3) **Straight Armlock** – Mount – **Standard Variation** (L9)
- 4) **Punch Block Series** – Guard – **Stages 1-2-4-1** (L8)
- 5) **Straight Armlock** – Guard – **Low Variation** (L19)
- 6) **Headlock Escape 1** – Side Mount – **Standard Frame Escape** (L18)

# Lesson 21

**Technique:** Pull Guard  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

*Practice*  
**Pull Guard** – Standing (L21)  
*In combination with all variations of the*  
**Straight Armlock** – Guard (L19)

### **Slice 1: Pull Guard**

Indicator: Opponent prevents you from controlling their hips after you close the distance.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Pull Guard** – Standing (L21)
- 3) **Double Ankle Sweep** – Guard – **Kick Variation** (L20)
- 4) **Positional Control** – Side Mount – **Guard Prevention** (L13)
- 5) **Headlock Escape 1** – Side Mount – **Scissor Failure Variation** (L18)
- 6) **Straight Armlock** – Mount – **Side Variation** (L9)

# Lesson 22

**Technique:** Headlock Escape 2  
**Position:** Side Mount

## REFLEX DEVELOPMENT DRILL

*Practice all variations of*  
**Headlock Escape 2** – Side Mount (L22)  
*In combination with all variations of*  
**Headlock Escape 1** – Side Mount (L18)

### **Slice 1: Standard Leg Hook Escape**

Indicator: Opponent establishes a tight headlock and neutralizes Headlock Escape 1.

### **Slice 2: Super Base Variation**

Indicator: Opponent establishes a very wide base and prevents the rollover.

### **Slice 3: Punch Block Variation**

Indicator: Opponent attempts to punch while maintaining the headlock.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Conservative Opponent** (L15)
- 2) **Leg Hook Takedown** – Standing (L6)
- 3) **Punch Block Series** – Guard – **Stages 1-4-1** (L8)
- 4) **Straight Armlock** – Guard – **Triangle Transition** (L19)
- 5) **Triangle Choke** – Guard (L10)
- 6) **Headlock Escape 2** – Side Mount – **Standard Leg Hook Escape** (L22)
- 7) **Headlock Counters** – Mount – **Armlock Finish** (L16)

# Lesson 23

**Technique:** Guillotine Choke  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Guillotine Choke** – Standing (L23)  
In combination with all variations of the  
**Double Ankle Sweep** – Guard (L20)

### Slice 1: Basic Application

(Preparation Drill)

### Slice 2: Standing Variation

Indicator: Opponent attempts to tackle you.

### Slice 3: Guard Pull Variation

Indicator: Opponent effectively resists the Standing Variation and/or takes you to the ground.

## FIGHT SIMULATION DRILL

- 1) Guillotine Choke – Standing – Standing Variation (L23)
- 2) Guillotine Choke – Standing – Guard Pull Variation (L23)
- 3) Headlock Escape 2 – Side Mount – Punch Block Variation (L22)
- 4) Take the Back – Mount (L4)
- 5) Rear Naked Choke – Back Mount – Strong Side Variation (L5)
- 6) Elevator Sweep – Guard – Standard Variation (L11)
- 7) Americana Armlock – Mount – Standard Variation (L2)

# Lesson 24

**Technique:** Shrimp Escape  
**Position:** Side Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Shrimp Escape** – Side Mount (L24)  
In combination with all variations of  
**Headlock Escape 2** – Side Mount (L22)

### Slice 1: Block and Shoot Variation

Indicator: Opponent passes your guard and attempts to establish the side mount.

### Slice 2: Shrimp and Shoot Variation

Indicator: Opponent establishes the side mount.

### Slice 3: Punch Block Variation

Indicator: Opponent establishes the side mount and prevents your initial escape attempts.

## FIGHT SIMULATION DRILL

- 1) Double Leg Takedown – Standing – Conservative Opponent (L17)
- 2) Positional Control – Side Mount – Roll Prevention (L13)
- 3) Straight Armlock – Mount – Standard Variation (L9)
- 4) Punch Block Series – Guard – Stages 1-2-4 (L8)
- 5) Shrimp Escape – Side Mount – Block and Shoot Variation (L24)
- 6) Triangle Choke – Guard – Stage 1.5 Variation (L10)



# Lesson 25

**Technique:** Kimura Armlock  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Guillotine Choke** – Standing (L23)  
In combination with all variations of the  
**Kimura Armlock** – Guard (L25)

### Slice 1: Basic Application

(Preparation Drill)

### Slice 2: Rider Variation

Indicator: Opponent pushes off the ground from Stage 1.

### Slice 3: Forced Variation

Indicator: Opponent exhausts and remains stationary in Stage 1.

## FIGHT SIMULATION DRILL

- 1) **Trap and Roll Escape** – Mount – **Headlock Variation** (L1)
- 2) **Positional Control** – Mount – **Low Swim** (L3)
- 3) **Headlock Counters** – Mount – **Back Mount Finish** (L16)
- 4) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)
- 5) **Punch Block Series** – Guard – **Stages 1-4** (L8)
- 6) **Shrimp Escape** – Side Mount – **Shrimp and Shoot Variation** (L24)
- 7) **Kimura Armlock** – Guard – **Forced Variation** (L25)

# Lesson 26

**Technique:** Standing Headlock Defense  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Standing Headlock Defense** – Standing (L26)  
In combination with all variations of the  
**Headlock Counters** – Mount (L16)

### Slice 1: Standing Headlock Defense

Indicator: Opponent catches you in a headlock while standing.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Conservative Opponent** (L15)
- 2) **Standing Headlock Defense** – Standing (L26)
- 3) **Headlock Counters** – Mount – **Armlock Finish** (L16)
- 4) **Kimura Armlock** – Guard – **Rider Variation** (L25)
- 5) **Double Ankle Sweep** – Guard – **Knee Thrust Variation** (L20)
- 6) **Straight Armlock** – Mount – **Standard Variation** (L9)

# Lesson 27

**Technique:** Punch Block Series (Stage 5)  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Punch Block Series (Stage 5)** – Guard (L27)  
In combination with all variations of the  
**Shrimp Escape** – Side Mount (L24)

### Slice 1: Stage 5

Indicator: Opponent avoids leaning forward in Stage 4 of the Punch Block Series.

### Slice 2: Rollover Technique

Indicator: Opponent grabs your leg and throws it aside to punch or pass.

## FIGHT SIMULATION DRILL

- 1) **Guillotine Choke** – Standing – **Guard Pull Variation** (L23)
- 2) **Punch Block Series** – Guard – **Stages 1-4-5-1-5** (L27)
- 3) **Double Leg Takedown** – Standing – **Aggressive Opponent** (L17)
- 4) **Headlock Escape 2** – Side Mount – **Super Base Variation** (L22)
- 5) **Take the Back** – Mount (L4)
- 6) **Rear Naked Choke** – Back Mount – **Strong Side Variation** (L5)
- 7) **Triangle Choke** – Guard – **Giant Killer Variation** (L10)

# Lesson 28

**Technique:** Hook Sweep  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice the  
**Hook Sweep** – Guard (L28)  
In combination with all variations of the  
**Kimura Armlock** – Guard (L25)  
And the **Elbow Escape** – Mount (L12)

### Slice 1: Hook Sweep

Indicator: Opponent stands with one leg forward in Stage 4 of the Punch Block Series.

### Slice 2: Sweep Follow-up

Indicator: Opponent attempts to stand up after the Hook Sweep is executed.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Pull Guard** – Standing (L21)
- 3) **Punch Block Series** – Guard – **Rollover Technique** (L27)
- 4) **Hook Sweep** – Guard (L28)
- 5) **Positional Control** – Side Mount – **Guard Prevention** (L13)
- 6) **Positional Control** – Mount – **High Swim** (L3)
- 7) **Straight Armlock** – Guard – **High Variation** (L19)

# Lesson 29

**Technique:** Rear Takedown  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Rear Takedown** – Standing (L29)  
In combination with all variations of  
**Take the Back** – Mount (L4) And the  
**Rear Naked Choke** – Back Mount (L5)

### Slice 1: Achieve the Rear Clinch

Indicator: Opponent positions their arm over your head after you establish the clinch.

### Slice 2: Rear Takedown

Indicator: Opponent allows you to establish the rear clinch.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Rear Takedown** – Standing (L29)
- 3) **Headlock Counters** – Mount – **Armlock Finish** (L16)
- 4) **Punch Block Series** – Guard – **Stages 1-3-4** (L8)
- 5) **Shrimp Escape** – Side Mount – **Punch Block Variation** (L24)
- 6) **Elevator Sweep** – Guard – **Standard Variation** (L11)
- 7) **Americana Armlock** – Mount – **Neck-hug Variation** (L2)

# Lesson 30

**Technique:** Haymaker Punch Defense  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Haymaker Punch Defense** – Standing (L30)  
In combination with the  
**Rear Takedown** – Standing (L29)

### Slice 1: Haymaker Punch Defense

Indicator: Opponent throws an overcommitted and very predictable haymaker punch at you.

## FIGHT SIMULATION DRILL

- 1) **Haymaker Punch Defense** – Standing (L30)
- 2) **Rear Takedown** – Standing (L29)
- 3) **Headlock Escape 1** – Side Mount – **Super Lock Variation** (L18)
- 4) **Headlock Counters** – Mount – **Back Mount Finish** (L16)
- 5) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)
- 6) **Triangle Choke** – Guard – **Stage 1.5 Variation** (L10)

# Lesson 31

**Technique:** Take the Back  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Punch Block Series (Stage 5)** – Guard (L27)  
In combination with  
**Take the Back** – Guard (L31)

### **Slice 1: Head and Arm Control**

Indicator: Opponent drives their forearm in your throat from Stage 1.

### **Slice 2: Achieve the Angle**

Indicator: Opponent calms down after you establish Head and Arm Control.

### **Slice 3: Final Getup**

Indicator: Opponent calms down after you acquire the angled body position.

## FIGHT SIMULATION DRILL

- 1) **Elbow Escape** – Mount – **Fish Hook** (L12)
- 2) **Take the Back** – Guard (L31)
- 3) **Rear Naked Choke** – Back Mount (L5)
- 4) **Double Ankle Sweep** – Guard – **Kick Variation** (L20)
- 5) **Positional Control** – Side Mount – **Roll Prevention** (L13)
- 6) **Take the Back** – Mount – **Remount Technique** (L4)
- 7) **Straight Armlock** – Mount – **Side Variation** (L9)

# Lesson 32

**Technique:** Guillotine Defense  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Guillotine Defense** – Standing (L32)  
In combination with the  
**Standing Headlock Defense** – Standing (L26)

### **Slice 1: Guillotine Defense**

Indicator: Opponent catches you in a Guillotine Choke while standing.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Aggressive Opponent** (L7)
- 2) **Guillotine Defense** – Standing (L32)
- 3) **Headlock Escape 1** – Side Mount – **Standard Frame Escape** (L18)
- 4) **Shrimp Escape** – Side Mount – **Shrimp and Shoot Variation** (L24)
- 5) **Kimura Armlock** – Guard – **Forced Variation** (L25)

# Lesson 33

**Technique:** Elbow Escape  
**Position:** Side Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elbow Escape** – Side Mount (L33)  
In combination with  
**Take the Back** – Guard (L31)

### Slice 1: Knee Drive Variation

Indicator: Opponent attempts to mount by driving their knee across your stomach.

### Slice 2: High Step Variation

Indicator: Opponent attempts to mount from a sitting position by stepping their leg over your body.

## FIGHT SIMULATION DRILL

- 1) **Clinch** – Standing – **Conservative Opponent** (L15)
- 2) **Body Fold Takedown** – Standing (L14)
- 3) **Punch Block Series** – Guard – **Stages 1-3-5** (L27)
- 4) **Punch Block Series** – Guard - **Rollover Technique** (L27)
- 5) **Elbow Escape** – Side Mount – **Knee Drive Variation** (L33)
- 6) **Straight Armlock** – Guard – **Triangle Transition** (L19)
- 7) **Triangle Choke** – Guard (L10)

# Lesson 34

**Technique:** Standing Armlock  
**Position:** Standing

## REFLEX DEVELOPMENT DRILL

Practice the  
**Standing Armlock** – Standing (L34)  
In combination with the  
**Guillotine Defense** – Standing (L32)

### Slice 1: Basic Application

Indicator: Opponent pushes or grabs you with an extended arm.

### Slice 2: Walking Application

Indicator: Opponent pushes you with an extended arm while walking towards you.

## FIGHT SIMULATION DRILL

- 1) **Standing Armlock** – Standing (L34)
- 2) **Standing Headlock Defense** – Standing (L26)
- 3) **Headlock Counters** – Mount – **Back Mount Finish** (L16)
- 4) **Rear Naked Choke** – Back Mount – **Strong Side Variation** (L5)
- 5) **Elevator Sweep** – Guard – **Headlock Variation** (L11)
- 6) **Take the Back** – Mount (L4)
- 7) **Rear Naked Choke** – Back Mount – **Weak Side Variation** (L5)

# Lesson 35

**Technique:** Twisting Arm Control  
**Position:** Mount

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Elbow Escape** – Side Mount (L33)  
In combination with all variations of the  
**Hook Sweep** – Guard (L28)  
And all variations of the  
**Twisting Arm Control** – Mount (L35)

### Slice 1: Basic Control

Indicator: Opponent fears punches and protects their face with one or both arms.

### Slice 2: Back Mount Finish

Indicator: Opponent rolls to their knees while trapped in the Twisting Arm Control.

### Slice 3: Armlock Finish

Indicator: Opponent does not roll to their knees while trapped.

## FIGHT SIMULATION DRILL

- 1) **Haymaker Punch Defense** – Standing (L30)
- 2) **Rear Takedown** – Standing (L29)
- 3) **Positional Control** – Mount – **Anchor and Base** (L3)
- 4) **Twisting Arm Control** – Mount – **Armlock Finish** (L35)
- 5) **Punch Block Series** – Guard – **Stages 1-4** (L8)
- 6) **Elbow Escape** – Side Mount – **High Step Variation** (L33)
- 7) **Take the Back** – Guard (L31)
- 8) **Rear Naked Choke** – Back Mount – **Strong Side Variation** (L5)

# Lesson 36

**Technique:** Double Underhook Guard Pass  
**Position:** Guard

## REFLEX DEVELOPMENT DRILL

Practice all variations of the  
**Trap and Roll Escape** – Mount (L1)  
In combination with the  
**Double Underhook Guard Pass** –  
Guard (L36) And all variations of the  
**Twisting Arm Control** – Mount (L35)

### Slice 1: Modified Side Mount

Indicator: Opponent attempts to escape the side mount by reestablishing the guard.

### Slice 2: Double Underhook Pass

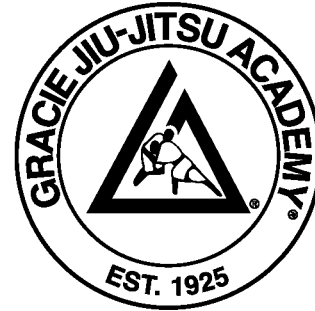
Indicator: Opponent uncrosses their legs and assumes the open guard.

### Slice 3: Posture and Pass

Indicator: Opponent crosses their feet and establishes the closed guard.

## FIGHT SIMULATION DRILL

- 1) **Double Leg Takedown** – Standing – **Aggressive Opponent** (L17)
- 2) **Double Underhook Guard Pass** – Guard (L36)
- 3) **Positional Control** – Side Mount (L13)
- 4) **Hook Sweep** – Guard (L28)
- 5) **Positional Control** – Side Mount (L13)
- 6) **Kimura Armlock** – Guard – **Rider Variation** (L25)
- 7) **Triangle Choke** – Guard – **Giant Killer Variation** (L10)



***Section 3***  
***Blue Belt Qualification Test***

### Testing Instructions

Now that you have completed the Gracie Combatives course, you are eligible to test for promotion to blue belt – the most important promotion on your path to Gracie Jiu-Jitsu mastery. Even though the blue belt is only the second belt in the system, its award signifies that you have learned the most important Gracie Jiu-Jitsu techniques. Qualification for blue belt requires mastery of all variations of the 36 techniques in every conceivable combination.

Award of the blue belt requires successful completion of five drills. These Blue Belt Qualification Drills (BBQD) constitute a standardized test of your proficiency in the execution of the 36 Gracie Combatives techniques. BBQDs 1 through 4 test your execution of the techniques from the mount, guard, side mount, and standing positions. For each drill, you have five minutes to demonstrate all variations of the techniques in the exact order that we list them (see pages 59-60). BBQD 5 is the most important segment of the evaluation, since it tests your ability to execute all techniques in a continuous four-minute, unscripted *Freestyle Fight Simulation Drill*. The *Blue Belt Qualification Test DVD* (disc 13) includes demonstrations of all five drills. Once you are confident in your ability to perform the Blue Belt Qualification Drills, you may take the Blue Belt Qualification Test using one of the following two methods:

### Option 1 – Video Evaluation

Film yourself conducting the Blue Belt Qualification Drills. Then, upload the five videos to the internet at [www.GracieAcademy.com](http://www.GracieAcademy.com) so a certified Gracie Jiu-Jitsu instructor can view and evaluate your performance. Listed below are some important details regarding the video evaluation process:

- **Talk Through the Moves:** We understand that it may be difficult to memorize all the techniques in the exact order in BBQDs 1-4. So, you may have someone read the techniques to you while you are filming the evaluation. During Drill 5, we encourage you and your partner to talk to one another in order to maximize the quantity and variety of techniques.
- **Continuous Shot:** In order to test your true understanding of the techniques, you must conduct BBQDs 1-4 in five minutes or less and BBQD 5 in no less than four but no longer than five minutes. As a result, you may neither edit test videos nor stop the camera at any time once the drill has started. We will not evaluate your performance if we find evidence of editing or if you fail to shoot the drill in one take.
- **Film the Details:** We cannot give you credit unless we SEE the technique. Focus on effectively angling your body towards the camera so that we can clearly see the essential details of each move.

For additional information regarding the video evaluation process, visit [www.GracieAcademy.com](http://www.GracieAcademy.com).

### Option 2 – Live Evaluation

To be evaluated in person, go to [www.GracieAcademy.com](http://www.GracieAcademy.com) and find a Certified Gracie Jiu-Jitsu Training Center in your community. Contact the school to schedule your Blue Belt Qualification Test with a certified instructor. Here are some important details regarding the live evaluation process:

- **Bring a Friend:** If you choose to be evaluated at a Certified Gracie Jiu-Jitsu Training Center, you may conduct the Blue Belt Qualification Test with a training partner of your choice. If you do not have a training partner, the training center will provide one for you.
- **Stay Relaxed:** The most important consideration during any evaluation is the quality of the technique. The most common mistake you are likely to make during a live evaluation is to rush nervously through the drills and jeopardize the quality of your execution. Although it is important that your techniques are conducted reflexively, you must remain calm and only go as quickly as “perfect technique” will allow.
- **Prepare Diligently:** With the video evaluation process, you can re-shoot your execution of the BBQDs as many times as you’d like before you submit them. During a live evaluation, you will only have one chance to execute each drill. If your performance does not meet the Gracie Academy standards, you will fail the test and must retest at a later date. For this reason, it is of the utmost importance that you prepare diligently to minimize the chance of errors during the live evaluation.

For more information regarding the live evaluation process, visit [www.GracieAcademy.com](http://www.GracieAcademy.com).

### Disclose Disabilities

Unlike most martial arts, nearly anyone can learn Gracie Jiu-Jitsu, regardless of their physical capabilities. In fact, we train many students with disabilities, including those who are deaf, dumb, blind, and even wheelchair bound. Our simple, easy to follow instructional format makes this possible. If you have a disability or previous injury that prevents you from executing the techniques exactly as they are taught, please notify us prior to the evaluation so that we may take it into consideration.

### Evaluation Criteria

During the evaluation, you will start with 100 points and receive a 1-point deduction for each significant error in the following categories:

1. **Accuracy:** *Precise and correct* execution of all techniques.
2. **Efficiency:** *Fluid, relaxed movements* and efficient use of energy.
3. **Reflexes:** *Instinctive and accurate* responses to all indicators.



If, upon completing all five BBQDs, you amass more than 20 point deductions, or a final score of less than 80 points, you will be notified of your shortcomings so that you may retest at a later date. If you achieve a final score of 80 points or greater, you will be recommended for promotion by the evaluating instructor. Only once your promotion is authorized by one of the head instructors of the Gracie Jiu-Jitsu Academy will the following actions take place:

- You will receive an official **Gracie Jiu-Jitsu Blue Belt**
- You will receive a personalized blue belt **Certificate of Authenticity**
- Your name will be added to the list of **Certified Gracie Jiu-Jitsu Belt Holders**

## Blue Belt Qualification Drills\*

### BBQD 1 MOUNT TECHNIQUES

#### Escapes (2)

- Trap and Roll Escape (L1)
  - Standard Variation
  - Punch Block Variation
  - Headlock Variation
- Elbow Escape (L12)
  - Standard Elbow Escape
  - Hook Removal
  - Fish Hook
  - Heel Drag

#### Controls (3)

- Positional Control (L3)
  - Anchor and Base
  - Low Swim
  - High Swim
- Take the Back (L4)
  - Take the Back
  - Remount Technique
- Headlock Counters (L16)
  - Prevent the Getup
  - Back Mount Finish
  - Armlock Finish

#### Submissions (4)

- Americana Armlock (L2)
  - Standard Variation
  - Neck-hug Variation
- Rear Naked Choke (L5)
  - Strong Side Variation
  - Weak Side Variation
- Straight Armlock (L9)
  - Standard Variation
  - Side Variation
- Twisting Arm Control (L35)
  - Back Mount Finish
  - Armlock Finish

### BBQD 2 GUARD TECHNIQUES

#### Controls (2)

- Punch Block Series (L8)
  - Stage 1
  - Stage 2
  - Stage 3
  - Stage 4
- Punch Block Series (L27)
  - Stage 5
  - Rollover Technique

#### Submissions (4)

- Triangle (L10)
  - Stage 1.5 Variation
  - Giant Killer Variation
- Straight Armlock (L19)
  - Low Variation
  - High Variation
  - Triangle Transition
- Kimura (L25)
  - Rider Variation
  - Forced Variation
- Take the Back (L31)

#### Sweeps (3)

- Elevator Sweep (L11)
  - Standard Variation
  - Headlock Variation
- Double Ankle Sweep (L20)
  - Knee Thrust Variation
  - Kick Variation
- Hook Sweep (L28)

#### Pass (1)

- Double Underhook Guard Pass (L36)

### BBQD 3 SIDE MOUNT TECHNIQUES

#### Controls (1)

- Positional Control (L13)
  - Roll Prevention
  - Guard Prevention
  - Mount Transition

#### Escapes (4)

- Shrimp Escape (L24)
  - Block and Shoot Variation
  - Shrimp and Shoot Variation
  - Punch Block Variation
- Headlock Escape 1 (L18)
  - Standard Frame Escape
  - Scissor Failure Variation
  - Super Lock Variation
- Headlock Escape 2 (L22)
  - Standard Leg Hook Escape
  - Super Base Variation
  - Punch Block Variation
- Elbow Escape (L33)
  - Knee Drive Variation
  - High Step Variation

### BBQD 4 STANDING TECHNIQUES

#### Controls (3)

- Establish the Clinch
  - Aggressive Opponent (L7)
  - Conservative Opponent (L15)
- Haymaker Punch Defense (L30)

#### Takedowns (5)

- Leg Hook Takedown (L6)
- Body Fold Takedown (L14)
- Double Leg Takedown (L17)
  - Aggressive Opponent
  - Conservative Opponent
- Pull Guard (L21)
- Rear Takedown (L29)

#### Submissions (2)

- Guillotine Choke (L23)
  - Standing Variation
  - Guard Pull Variation
- Standing Armlock (L34)

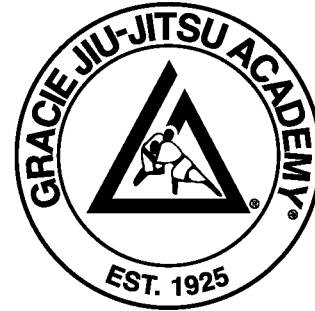
#### Submission Counters (2)

- Standing Headlock Defense (L26)
- Guillotine Defense (L32)

### BBQD 5 FREESTYLE FIGHT SIMULATION

In a four-minute Freestyle Fight Simulation Drill, you will be required to demonstrate as many different Gracie Combatives techniques as possible. Stay relaxed, and respond to each indicator as accurately and efficiently as possible.

\*See Disc 13 of the Gracie Combatives Instructional DVD Collection for detailed instructions on the blue belt testing process and complete demonstrations of all five Blue Belt Qualification Drills.

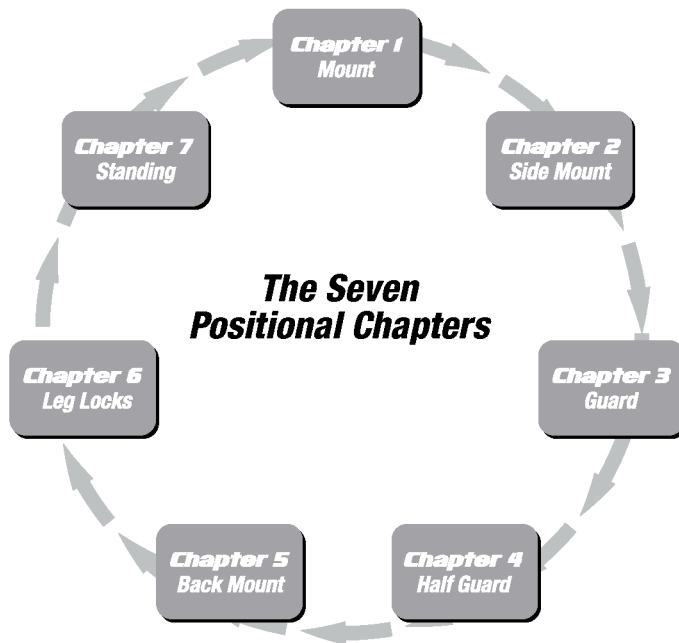


***Section 4***  
***The Path to Black Belt***

In a street fight, it is highly likely that your opponent will know nothing about Gracie Jiu-Jitsu. The behaviors and attacks used by this type of opponent are very predictable and are the focal point of the Gracie Combatives course. On the rare occasion that a skilled grappler attacks you, you may need more than the 36 Gracie Combatives techniques to neutralize your attacker.

### The Master Cycle™

Beyond blue belt, Gracie Jiu-Jitsu consists of more than 600 advanced techniques, all of which have been organized into a logical, clearly defined, systematic curriculum called the Master Cycle. We believe that the most efficient way to master all the advanced techniques is to focus on one position at a time. For this reason, we've categorized all the techniques of Gracie Jiu-Jitsu into what we call the *Seven Positional Chapters*: Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, and Standing. At the Gracie Academy, we dedicate several weeks to the study of a single chapter before moving to the next. Once we complete all seven chapters, we restart the cycle. Each time a student repeats the cycle, they learn new techniques in each position and deepen their understanding of the old ones until they have fully mastered every technique.



### Purple, Brown, and Black Belt Techniques

The 36 Gracie Combatives techniques are the simplest and most useful techniques in all of Gracie Jiu-Jitsu – which is why we teach them first. Beyond Gracie Combatives, we divide the remaining techniques into three distinct groups, one for each belt level, based on their level of complexity and applicability in a real fight.

- **Purple Belt Qualification Techniques** – Must be mastered before one is considered for promotion to purple belt. Besides the Gracie Combatives techniques, these are the simplest techniques and/or most likely to be used in a street fight.
- **Brown Belt Qualification Techniques** – Must be mastered before one is considered for promotion to brown belt. These techniques are slightly more complex than the purple belt techniques and/or designed for less likely street fight situations that might occur against a knowledgeable grappler.
- **Black Belt Qualification Techniques** – Must be mastered before one is considered for promotion to black belt. These are the most complex techniques and/or designed for the rarest street fight situations that would only occur against a highly skilled grappler.

### GracieUniversity.com

Until now, the detailed instruction required to learn the hundreds of techniques that comprise the complete Master Cycle curriculum was only available at the Gracie Academy headquarters in Torrance, California. The Gracie Jiu-Jitsu Online University offers students worldwide access to the complete Master Cycle curriculum. At [www.GracieUniversity.com](http://www.GracieUniversity.com), you will have access to streaming video lessons covering every detail of every technique, as well as the specific drills and training exercises that you would execute if you were actually training at the Gracie Academy. Furthermore, upon completing each segment of the Master Cycle, you can have your skills evaluated using the video evaluation process. For the first time ever, you can learn all the techniques directly from the source and receive official Gracie Jiu-Jitsu belt promotions!

### How it Works

Once you complete the Gracie Combatives course on DVD, online, or at a certified training center, you may test for promotion to blue belt. If you pass the test, we will grant you access to the Purple Belt Qualification Course at [www.GracieUniversity.com](http://www.GracieUniversity.com). You will progress toward purple belt by mastering one carefully engineered class at a time. At designated points along the way, we will require you to demonstrate your skills by performing detailed Stripe Qualification Drills, and then uploading videos of your performances for us to review. If your performance meets Gracie Academy standards, we will award you a stripe on your blue

belt and will grant you access to the next segment of the course. This process will continue until you have earned four stripes on your blue belt, at which point we will allow you to test for your purple belt using the same video evaluation process. Once promoted to purple belt, we will unlock the Brown Belt Qualification Course. As a brown belt, we will grant you access to the techniques and drills that you must master before we consider you for promotion to black belt.

### **The Black Belt Qualification Test**

The highest rank that can be achieved through the GracieUniversity.com video evaluation process is four-stripe brown belt. A Gracie Jiu-Jitsu Academy black belt is much more than a master of technique – he is an ambassador for the art and a member of our extended “family.” A black belt must understand the Gracie lifestyle to include our philosophies, Gracie jiu-jitsu history, and our unique diet. As representatives of the Academy and our family, we expect black belts to personify discipline, integrity, and honor.

In order to evaluate the many requirements for black belt beyond technical mastery, candidates will participate in a five-day Black Belt Qualification Test at the Gracie Jiu-Jitsu Academy headquarters in Torrance, California. We will evaluate your knowledge of technique, history, philosophy, and diet as we get to know you in person. We will administer this week long test at no charge to you (other than your travel and living expenses) to show our appreciation for the years of hard work and dedication you will have invested in your training. We look forward to the honor of tying a black belt around your waist. Good luck on your journey to Gracie Jiu-Jitsu mastery... we will be with you every step of the way!

***To continue on the path to black belt, go to  
[www.GracieUniversity.com](http://www.GracieUniversity.com)***