



# 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 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 11:00AM L9  6:15PM L20	2 7:30AM L10  6:15PM RD STANDING	3  <b>GOOD FRIDAY -SCHOOL CLOSED-</b>	4  <b>-SCHOOL CLOSED-</b>	5  <b>HAPPY EASTER!</b>
6 <b>-NO DAYTIME CLASS-</b>  7:30PM L21	7 7:30AM L11  7:05PM L22	8 11:00AM L12  6:15PM L23	9 7:30AM L13  6:15PM RD FREESTYLE	10 11AM RD MOUNT/L14  6PM L1	11 11AM L2	12
13 11AM L15  7:30PM L3	14 7:30AM L16  7:05PM L4	15 11:00AM L17  6:15PM L5	16 7:30AM L18  6:15PM RD MOUNT	17 11AM RD GUARD / L19  6PM L6	18 11AM L7	19
20 11AM L20  7:30PM L8	21 7:30AM L21  7:05PM L9	22 11:00AM L22  6:15PM L10	23 7:30AM L23  6:15PM RD GUARD	24 11AM RD SIDE MOUNT / L1  6PM L11	25 11AM L12	26
27 11AM L2  7:30PM L13	28 7:30AM L3  7:05PM L14	29 11:00AM L4  6:15PM L15	30 7:30AM L5  6:15PM RD SIDE MOUNT			

**KEEP TRACK OF LESSONS ON YOUR STUDENT CARD:** <https://northvanbjj.com/wp-content/uploads/4aGC-Card-3.jpg>

During the times there are no LIVE sessions, feel free to study the other lessons at your own pace. Here is a handbook that will help you along: <https://northvanbjj.com/wp-content/uploads/Gracie-Jiu-Jitsu-Combatives-Handbook.pdf>

### 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 let us know.