



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 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 EASTER MONDAY -SCHOOL CLOSED-	2 7:30AM L20 7:05PM L11	3 11:00AM L21 6:15PM L12	4 7:30AM L22 6:15PM RD FREESTYLE	5 11AM RD FREESTYLE / L23 6PM L13	6 11AM L14	7
8 11AM L1 7:30PM L15	9 7:30AM L2 7:05PM L16	10 11:00AM L3 6:15PM L17	11 7:30AM L4 6:15PM RD MOUNT	12 11AM RD MOUNT / L5 6PM L18	13 11AM L19	14
15 11AM L6 7:30PM L20	16 7:30AM L7 7:05PM L21	17 11:00AM L8 6:15PM L22	18 7:30AM L9 6:15PM RD GUARD	19 11AM RD GUARD / L10 6PM L23	20 11AM L1	21
22 11AM L11 7:30PM L2	23 7:30AM L12 7:05PM L3	24 11:00AM L13 6:15PM L4	25 7:30AM L14 6:15PM RD SIDE MOUNT	26 11AM RD SIDE MOUNT / L15 6PM L5	27 11AM L6	28
29 11AM L16 7:30PM L7	30 7:30AM L17 7:05PM L8					

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.