



GRACIE COMBATIVES

AUGUST 2026

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)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 11AM L11	2
3 HAPPY BC DAY SCHOOL IS CLOSED	4 7:30AM L1 7:05PM L12	5 11:00AM L2 6:15PM L13	6 7:30AM L3 6:15PM RD GUARD	7 11AM RD SIDE MOUNT / L4 6PM L14	8 11AM L15	9
10 (NO 11AM CLASS)	11 7:30AM L5	12 (NO 11AM CLASS) – BULLYPROOF CAMP-	13 7:30AM L6	14 (NO 11AM CLASS)	15 11AM L20	16
7:30PM L16	7:05PM L17	6:15PM L18	6:15PM RD SIDE MOUNT	6PM L19		
17 11AM L7	18 7:30AM L8	19 11:00AM L9	20 7:30AM L10	21 11AM RD FREESTYLE / L11	22 11AM L2	23
7:30PM L21	7:05PM L22	6:15PM L23	6:15PM RD STANDING	6PM L1		
24 11AM L12	25 7:30AM L13	26 11:00AM L14	27 7:30AM L15	28 11AM RD MOUNT / L16	29 9:45AM L7	30
7:30PM L3	7:05PM L4	6:15PM L5	6:15PM RD FREESTYLE	6PM L6		
31 11AM L17						
7:30PM 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.

White-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 White-Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com.