



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)

JULY 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 HAPPY CANADA DAY!	2 7:30AM L2	3 11AM RD SIDE MOUNT / L3	4 11AM L14	5
		-SCHOOL IS CLOSED -	6:15PM RD GUARD	6PM L13		
6 11AM L4	7 7:30AM L5	8 11:00AM L6	9 7:30AM L7	10 11AM RD STANDING / L8	11 11AM L19	12
7:30PM L15	7:05PM L16	6:15PM L17	6:15PM RD SIDE MOUNT	6PM L18		
13 11AM L9	14 7:30AM L10	15 11:00AM L11	16 7:30AM L12	17 11AM RD FREESTYLE / L13	18 11AM L1	19
7:30PM L20	7:05PM L21	6:15PM L22	6:15PM RD STANDING	6PM L23		
20 11AM L14	21 7:30AM L15	22 11:00AM L16	23 7:30AM L17	24 11AM RD MOUNT / L18	25 11AM L6	26
7:30PM L2	7:05PM L3	6:15PM L4	6:15PM RD FREESTYLE	6PM L5		
27 11AM L19	28 7:30AM L20	29 11:00AM L21	30 7:30AM L22	31 11AM RD GUARD / L23		
7:30PM L7	7:05PM L8	6:15PM L9	6:15PM RD MOUNT	6PM L10		

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.