



# GRACIE FUNDAMENTALS



| 23 Classes | 36 Essential Techniques   |
|------------|---|
| 1          | Trap and Roll Escape – Mount<br>Leg Hook Takedown                   |
| 2          | Americana Armlock – Mount<br>Clinch (Aggressive Opponent)           |
| 3          | Positional Control – Mount<br>Body Fold Takedown                    |
| 4          | Take the Back + R.N.C. – Mount<br>Clinch (Conservative Opponent)    |
| 5          | Punch Block Series (1-4) – Guard<br>Guillotine Choke (Standing)     |
| 6          | Straight Armlock – Mount<br>Guillotine Defense                      |
| 7          | Triangle Choke – Guard<br>Haymaker Punch Defense                    |
| 8          | Elevator Sweep – Guard<br>Rear Takedown                             |
| 9          | Elbow Escape – Mount<br>Pull Guard                                  |
| 10         | Positional Control – Side Mount<br>Double Leg Takedown (Aggressive) |
| 11         | Headlock Counters – Mount<br>Standing Headlock Defense              |
| 12         | Headlock Escape 1 – Side Mount<br>Standing Armlock                  |
| 13         | Straight Armlock – Guard<br>Clinch (Aggressive Opponent)            |
| 14         | Double Ankle Sweep – Guard<br>Guillotine Choke (Guard Pull)         |
| 15         | Headlock Escape 2 – Side Mount<br>Clinch (Conservative Opponent)    |
| 16         | Shrimp Escape – Side Mount<br>Body Fold Takedown                    |
| 17         | Kimura Armlock – Guard<br>Leg Hook Takedown                         |
| 18         | Punch Block Series (5) – Guard<br>Haymaker Punch Defense            |
| 19         | Hook Sweep – Guard<br>Guillotine Defense                            |
| 20         | Take the Back – Guard<br>Standing Headlock Defense                  |
| 21         | Elbow Escape – Side Mount<br>Pull Guard                             |
| 22         | Twisting Arm Control – Mount<br>Rear Takedown                       |
| 23         | Double Underhook Pass – Guard<br>Double Leg Takedown (Conservative) |

| JUNE 2015                       |                            |                |                           |        |                            |        |
|---------------------------------|----------------------------|----------------|---------------------------|--------|----------------------------|--------|
| Monday                          | Tuesday                    | Wednesday      | Thursday                  | Friday | Saturday                   | Sunday |
| 1<br>11:30AM L11<br>6:30PM L21  | 2<br>6PM WE L10<br>7PM L22 | 3<br>6:30 L23  | 4<br>7:30PM RD Side Mount | 5      | 6<br>9:45 WE RD<br>10AM L1 | 7      |
| 8<br>11:30AM L12<br>6:30PM L2   | 9<br>6PM WE L1<br>7PM L3   | 10<br>6:30 L4  | 11<br>7:30 RD Freestyle   | 12     | 13<br>10AM WE 2<br>11AM L5 | 14     |
| 15<br>11:30AM L13<br>6:30PM L6  | 16<br>6PM WE L3<br>7PM L7  | 17<br>6:30 L8  | 18<br>7:30 RD Mount       | 19     | 20<br>10AM WE4<br>11AM L9  | 21     |
| 22<br>11:30AM L14<br>6:30PM L10 | 23<br>6PM WE L5<br>7PM L11 | 24<br>6:30 L12 | 25<br>7:30 RD Guard       | 26     | 27<br>10AM WE6<br>11AM L13 | 28     |
| 29<br>11:30AM L15<br>6:30PM L14 | 30<br>6PM WE L7<br>7PM L15 |                |                           |        |                            |        |

### 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 speak to a Gracie Academy student services representative.

### 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 Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the Blue Belt Qualification Requirements handout for details.