



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)

MARCH 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 11AM RD SIDE MOUNT 6PM L11	2 11AM L17	3
4 11AM L18 6:30PM L12	5 7PM L13	6 11AM L19 6:30PM L14	7 6:30PM RD SIDE MOUNT	8 11AM L20 6PM L15	9 11AM L21	10
11 11AM L22 6:30PM L16	12 7PM L17	13 11AM L23 6:30PM L18	14 6:30PM RD STANDING	15 11AM RD STANDING 6PM L19	16 11AM L1	17
18 11AM L2 7PM L20	19 7PM L21	20 11AM L3 6:30PM L22	21 6:30PM RD FREESTYLE	22 11AM L4 6PM L23	23 11AM L5	24
25 11AM No Class 6:30PM L1	26 7PM L2	27 11AM No Class 6:30PM L3	28 6:30PM RD MOUNT	29 11AM No Class 6PM L4	30 11AM L6	31

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.