



# GRACIE FUNDAMENTALS



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)

SEPTEMBER 2015						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 6PM WE L3 7PM L3	2 6:30 L4	3 6:30PM RD STANDING	4	5 9:45 AM WE 4 11 AM L5	6
7 LABOUR DAY [NO CLASSES]	8 6PM WE L5 7PM L6	9 6:30 L7	10 6:30PM RD FREESTYLE	11	12 9:45 AM WE L6 11AM L8	13
14 11:30AM L1 6:30PM L9	15 6PM WE L7 7PM L10	16 6:30 L11	17 6:30PM RD MOUNT	18	19 9:45 AM WE L8 11AM L12	20
21 11:30AM L2 6:30PM L13	22 6PM WE 9 7PM L14	23 6:30 L15	24 6:30PM RD GUARD	25	26 9:45 AM WE L10 11AM L16	27
28 11:30AM L3 6:30PM L17	29 6PM WE RD 7PM L18	30 6:30 L19				

**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.