



GRACIE COMBATIVES

SEPTEMBER 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 7:30AM L18	2 11:00AM L19	3 7:30AM L20	4 11AM RD GUARD / L21	5 11AM L12	6
	7:05PM L9	6:15PM L10	6:15PM RD MOUNT	6PM L11		
7 LABOUR DAY -NO CLASSES-	8 7:30AM L22	9 11:00AM L23	10 7:30AM L1	11 11AM RD SIDE MOUNT / L2	12 11AM L16	13
	7:05PM L13	6:15PM L14	6:15PM RD GUARD	6PM L15		
14 11AM L3	15 7:30AM L4	16 11:00AM L5	17 7:30AM L6	18 11AM RD STANDING / L7	19 11AM L21	20
7:30PM L17	7:05PM L18	6:15PM L19	6:15PM RD SIDE MOUNT	6PM L20		
21 11AM L8	22 7:30AM L9	23 11:00AM L10	24 7:30AM L11	25 11AM RD FREESTYLE / L12	26 11AM L3	27
7:30PM L22	7:05PM L23	6:15PM L1	6:15PM RD STANDING	6PM L2		
28 11AM L13	29 7:30AM L14	30 11:00AM L15				
7:30PM L4	7:05PM L5	6:15PM L6				

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.