Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

Classes 1 Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6) 2 Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) 3 Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) 4 Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) 5 Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) 6 Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) 7 Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) 8 Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) 9 Elbow Escape – Mount (GU 12) Pull Guard (GU 21) 10 Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) 11 Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) 12 Headlock Escape 1 – Side Mount (GU 18) Standing Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) 14 Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) 15 Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) 16 Shrimp Escape – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) 17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) 18 Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) 20 Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21) 21 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 22 Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)	22					
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Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	10	Hook Sweep - Guard (GU 28)				
20 Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) 21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)	19	Guillotine Defense (GU 32)				
Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	20	Take the Back - Guard (GU 31)				
21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) 22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Standing Headlock Defense (GU 26)				
Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Elbow Escape – Side Mount (GU 33)				
Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Pull Guard (GU 21)				
Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Twisting Arm Control – Mount (GU 35)				
Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)		Rear Takedown (GU 29)				
Double Leg Takedown (Conservative) (GU 17)	23	Double Underhook Pass – Guard (GU 36)				
		Double Leg Takedown (Conservative) (GU 17)				

July 2025							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 SCHOOL IS CLOSED FOR CANADA DAY LONG WEEKEND	2 11:00a – Class 17 8:15p – Class 6	3 6:30p – Class 7 7:45p – RD Guard	4	5 9:45a – RD Mount 11:00a – Class 18		
7 11:00a – Class 19 8:15p – Class 8	8 6:30p – Class 9	9 11:00a – Class 20 8:15p – Class 10	10 6:30p - Class 11 7:45p - RD Side Mount	11	12 9:45a – RD Guard 11:00a – Class 21		
14 15 16 16 17:00a – Class 22 8:15p – Class 12			17 18 19 CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING				
21 22 23 CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING			24 6:30p – Class 14 7:45p – RD Standing	25	26 9:45a – RD Side Mount 11:00a – Class 23		
28 11:00a – Class 1 8:15p – Class 15	29 6:30p – Class 16	30 11:00a – Class 2 8:15p – Class 17	31 6:30p – Class 18 7:45p – RD Freestyle				

Street Readiness in 23 Classes!

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 classes 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 University student services representative.

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

^{*}Parenthesis indicate corresponding video lesson number on GracieUniversity.com.