

# JUNIOR COMBATIVES

COMMUNICATING AND SETTING BOUNDARIES WITH CONFIDENCE!

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

February 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 4:00p – Class 4	4	5 4:00p – Class 5 7:45p – RD Freestyle	6	7 9:45a – RD Standing
9	10 4:00p – Class 6	11	12 4:00p – Class 7 7:45p – RD Mount	13	14 SCHOOL IS CLOSED FOR FAMILY DAY LONG WEEKEND
16 SCHOOL IS CLOSED FOR FAMILY DAY	17 4:00p – Class 8	18	19 4:00p – Class 9 7:45p – RD Guard	20	21 9:45p – RD Freestyle
23	24 4:00p – Class 10	25	26 4:00p – Class 11 7:45p – RD Side Mount	27	28 9:45a – RD Mount

#### Ultimate Confidence in 23 Classes!

The 36 techniques in the *Junior 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 *Junior 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.

#### Junior Combatives Belt Qualification Test

Once you complete each *Junior 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.

#### Contact Tri-Cities Gracie Jiu-Jitsu to Get Started!

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