

JUNIOR COMBATIVES

COMMUNICATING AND SETTING BOUNDARIES WITH CONFIDENCE!

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)

May 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 9:45a – RD Standing
4	5 4:00p – Class 7	6	7 4:00p – Class 8 5:15p – RD Side Mount 7:45p – MC Fundamentals	8	9 9:45a – RD Freestyle
11	12 4:00p – Class 9	13	14 4:00p – Class 10 5:15p – RD Standing 7:45p – MC Fundamentals	15	16 SCHOOL IS CLOSED FOR MAY LONG WEEKEND
18 SCHOOL IS CLOSED FOR VICTORIA DAY	19 4:00p – Class 11	20	21 4:00p – Class 12 5:15p – RD Freestyle 7:45p – MC Fundamentals	22	23 9:45a – RD Mount
25	26 4:00p – Class 13	27	28 4:00p – Class 14 5:15p – RD Mount 7:45p – MC Fundamentals	29	30 9:45a – RD Guard

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.