

GRACIE COMBATIVES®

23 Classes	36 Essential Techniques
1	Trap & 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	Armbar – 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 Armbar (GU 34)
13	Armbar – 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 24) Body Fold Takedown (GU 14)
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 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) Double Leg Takedown (Conservative) (GU 17)

January 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Open Mat – 6:10pm NEW YEARS BREAK NO CLASS	31 NEW YEARS BREAK NO CLASS	1 NEW YEARS BREAK NO CLASS	2 NEW YEARS BREAK NO CLASS	3	4 Open Mat – 8:00am RD Class – 9:00am Mount Focus
6 Class 21 – 6:10pm	7 Open Mat – 10:00am Class 9 – 11:00am	8 Class 10 – 11:00am Class 22 – 6:10pm Bring a Friend!	9 Class 11 – 11:00am RD Class- 6:10pm Guard Focus	10	11 Open Mat – 8:00am RD Class – 9:00am Side Mount Focus
13 Class 23 – 6:10pm	14 Open Mat – 10:00am Class 12 – 11:00am	15 Class 13 – 11:00am Class 1 – 6:10pm Bring a Friend!	16 Class 14 – 11:00am RD Class- 6:10pm Standing Focus	17	18 Open Mat – 8:00am RD Class – 9:00am Testing Drills
20 Class 2 – 6:10pm	21 Open Mat – 10:00am Class 15 – 11:00am	22 Class 16 – 11:00am Class 3 – 6:10pm Bring a Friend!	23 Class 17 – 11:00am RD Class- 6:10pm Mount Focus	24	25 Open Mat – 8:00am RD Class – 9:00am Guard Focus
27 Class 4 – 6:10pm	28 Open Mat – 10:00am Class 18 – 11:00am	29 Class 19 – 11:00am Class 5 – 6:10pm Bring a Friend!	30 Class 20 – 11:00am RD Class- 6:10pm Side Mount Focus	31	1 Open Mat – 8:00am RD Class – 9:00am Standing Focus
3 Class 6 – 6:10pm	4 Open Mat – 10:00am Class 21 – 11:00am	5 Class 22 – 11:00am Class 7 – 6:10pm Bring a Friend!	6 Class 23 – 11:00am RD Class- 6:10pm Mount Focus	7	8 Open Mat – 8:00am RD Class – 9:00am Guard Focus

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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student

services representative.

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com

Gracie Combatives Belt Qualification Test

Once you have at least eight months of experience and you've perfected all the techniques, individually and in 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.

MASTER CYCLE

Week	Techniques
1	Standing: Sucker Punch Defense (GU 50) Ground: Super Hooks (GU 1)
2	Standing: Sucker Punch Defense (GU 50) Ground: Surprise Rolls (GU 3)
3	Standing: Sucker Punch Defense (GU 50) Ground: Americana Armlock (GU 5)
4	Standing: Sucker Punch Defense (GU 50) Ground: Neck Hug Sequence (GU 8)

January – Mount					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Open Mat – 6:00pm NEW YEARS BREAK NO CLASS	31 NEW YEARS BREAK NO CLASS	1 NEW YEARS BREAK NO CLASS	2 NEW YEARS BREAK NO CLASS	3	4 Open Mat – 8:00am <i>*Partner required/No Instruction</i>
6	7 Week 1 – 6:00pm	8	9 MC Review – 6:00pm <i>*Partner required/No Instruction</i> Earn 1 credit	10	11 Open Mat – 8:00am <i>*Partner required/No Instruction</i>
13	14 Week 2 – 6:00pm	15	16 MC Review – 6:00pm <i>*Partner required/No Instruction</i> Earn 1 credit	17	18 Open Mat – 8:00am <i>*Partner required/No Instruction</i>
20	21 Week 3 – 6:00pm	22	23 MC Review – 6:00pm <i>*Partner required/No Instruction</i> Earn 1 credit	24	25 Open Mat – 8:00am <i>*Partner required/No Instruction</i>
27	28 Week 4 – 6:00pm	29	30 MC Review – 6:00pm <i>*Partner required/No Instruction</i> Earn 1 credit	31	1 Open Mat – 8:00am <i>*Partner required/No Instruction</i>
3	4 Week 1 – 6:00pm	5	6 MC Review – 6:00pm <i>*Partner required/No Instruction</i> Earn 1 credit	7	8 Open Mat – 8:00am <i>*Partner required/No Instruction</i>

Log-on & Boost Progress!

As a student of the *Master Cycle* 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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student service representative.