

# 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)

October 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30 Class 23 – 6:10pm	1 NEW Open Mat – 10:00am Class 13 – 11:00am	2 NEW Class 14 – 11:00am Class 1 – 6:10pm Bring a Friend!	3 Class 15 – 11:00am RD Class- 6:10pm Side Mount Focus	4	5 NEW Open Mat – 8:00am RD Class – 9:00am Guard Focus	
7 Class 2 – 6:10pm	8 Open Mat – 10:00am Class 16 – 11:00am	9 NEW Class 17 – 11:00am Class 3 – 6:10pm Bring a Friend!	10 Class 18 – 11:00am RD Class- 6:10pm Standing Drills	11	12 NEW Open Mat – 8:00am RD Class – 9:00am Side Mount Focus	
14 COLUMBUS DAY NO CLASS	15 Open Mat – 10:00am Class 19 – 11:00am	16 NEW Class 20 – 11:00am Class 4 – 6:10pm Bring a Friend!	17 Class 21 – 11:00am RD Class- 6:10pm Freestyle Focus	18	19 NEW Open Mat – 8:00am No Class GRACIE GAME DAY	
21 Class 5 – 6:10pm	22 Open Mat – 10:00am Class 22 – 11:00am	23 NEW Class 23 – 11:00am Class 6 – 6:10pm Bring a Friend!	24 Class 1 – 11:00am RD Class- 6:10pm Testing Drills	25	26 NEW Open Mat – 8:00am RD Class – 9:00am Freestyle Focus	
28 Class 7 – 6:10pm	29 Open Mat – 10:00am Class 2 – 11:00am	30 NEW Class 3 – 11:00am Class 8 – 6:10pm Bring a Friend!	31 HALLOWEEN NO CLASS	Nov 1	2 NEW Open Mat – 8:00am RD Class – 9:00am Testing Drills	
4 Class 9 – 6:10pm	5 Open Mat – 10:00am Class 4 – 11:00am	6 NEW Class 5 – 11:00am Class 10 – 6:10pm Bring a Friend!	7 Class 6 – 11:00am RD Class- 6:10pm Mount Focus	8	9 NEW Open Mat – 8:00am RD Class – 9:00am Mount 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	<b>Standing:</b> Takedown Chain (Adv) (GU 59) <b>Ground:</b> Tripod Pass (GU 33) <b>Focus Sparring:</b> Half Guard Startup
2	<b>Standing:</b> Takedown Chain (Corner) (GU 59) <b>Ground:</b> Sitting Pass (GU 34) <b>Focus Sparring:</b> Ping Pong
3	<b>Standing:</b> Takedown Chain (Clinch) (GU 59) <b>Ground:</b> Three-Quarter Guard Pass (GU 35) <b>Focus Sparring:</b> Half Guard Sparring
4	<b>Standing:</b> Takedown Chain (GU 59) <b>Ground:</b> Review
5	<b>Standing:</b> Takedown Chain (GU 59) <b>Ground:</b> Review

October 2024 – Half Guard (Top)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Week 1 – 6:00pm	2	3	4	5
7	8 Week 2 – 6:00pm	9	10 MC Review – 6:00pm Week 1 <i>*Partner required/No Instruction</i>	11	12
14 <b>Columbus Day</b> No Class	15 Week 3 – 6:00pm	16	17 MC Review – 6:00pm Week 2 <i>*Partner required/No Instruction</i>	18	19 <b>NEW Open Mat – 8:00am</b> No Class <b>GRACIE GAME DAY</b>
21	22 Week 4 – 6:00pm	24	25 MC Review – 6:00pm Week 3 <i>*Partner required/No Instruction</i>	26	26
28	29 Week 5 – 6:00pm	30	31 <b>Halloween</b> No Class	Nov 1	2
4	5 Week 1 – 6:00pm	6	7 MC Review – 6:00pm Week 1 <i>*Partner required/No Instruction</i>	8	9

### 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.