

Gracie Combatives®

23 GC Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount (GU L1) Leg Hook Takedown (GU L6)
2	Americana Armlock – Mount (GU L2) Clinch (Aggressive Opponent) (GU L7)
3	Positional Control – Mount (GU L3) Body Fold Takedown (GU L4)
4	Take the Back + R.N.C. – Mount (GU L4+5) Clinch (Conservative Opponent) (GU L15)
5	Punch Block Series (1-4) – Guard (GU L8) Guillotine Choke (Standing) (GU L23)
6	Straight Armlock – Mount (GU L9) Guillotine Defence (GU L32)
7	Triangle Choke – Guard (GU L10) Haymaker Punch Defence (GU L30)
8	Elevator Sweep – Guard (GU L11) Rear Takedown (GU L29)
9	Elbow Escape – Mount (GU L12) Pull Guard (GU L21)
10	Positional Control – Side Mount (GU L13) Double Leg Takedown (Aggressive) (GU L17)
11	Headlock Counters – Mount (GU L16) Standing Headlock Defence (GU L26)
12	Headlock Escape 1 – Side Mount (GU L18) Standing Armlock (GU L34)
13	Straight Armlock – Guard (GU L19) Clinch (Aggressive Opponent) (GU L7)
14	Double Ankle Sweep – Guard (GU L20) Guillotine Choke (Guard Pull) (GU L23)
15	Headlock Escape 2 – Side Mount (GU L22) Clinch (Conservative Opponent) (GU L15)
16	Shrimp Escape – Side Mount (GU L24) Body Fold Takedown (GU L14)
17	Kimura Armlock – Guard (GU L25) Leg Hook Takedown (GU L6)
18	Punch Block Series (5) – Guard (GU L27) Haymaker Punch Defence (GU L30)
19	Hook Sweep – Guard (GU L28) Guillotine Defence (GU L32)
20	Take the Back – Guard (GU L31) Standing Headlock Defence (GU L26)
21	Elbow Escape – Side Mount (GU L33) Pull Guard (GU L21)
22	Twisting Arm Control – Mount (GU L35) Rear Takedown (GU L29)
23	Double Underhook Pass – Guard (GU L36) Double Leg Takedown (Conservative) (GU L17)

June 2019 <i>(Class Schedule Subject To Change)</i>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 June GC Class 9 – 10:00
3 RD Class (M) - 19:00 GC Class 10 – 20:00	4 GC – 11:00 GC Class 11 – 19:00	5 GC Class 12 – 20:00	6 GC Class 13 – 19:00	7	8
10 RD Class (G) - 19:00 GC Class 14 – 20:00	11 GC – 11:00 GC Class 15 – 19:00	12 GC Class 16 – 20:00	13 GC Class 17 – 19:00	14	15
17 RD Class (SM) - 19:00 GC Class 18 – 20:00	18 GC – 11:00 GC Class 19 – 19:00	19 GC Class 20 – 20:00	20 GC Class 21 – 19:00	21	22
24 RD Class (ST) - 19:00 GC Class 22 – 20:00	25 GC – 11:00 GC Class 23 – 19:00	26 GC Class 1 – 20:00	27 GC Class 2 – 19:00	28	29

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 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 earn your second stripe, 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 optimise learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device!

Combatives Belt Qualification Test

Once you complete each Gracie Combatives class three times, perfect the techniques and you can use them 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.