

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques
1	Trap and 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	Straight Armlock – 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 Armlock (GU 34)
13	Straight Armlock – 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)

February 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 31	1	2 Class 1 – 6:00p Bring a Friend!	3 W.E. – 6:00p Class 2 – 7:00p Bring a Friend!	4	5 Class 3 – 6:00p RD Class – 7:00p Freestyle Focus	6 Class 4 – 1:00p Bring a Friend!
7	8	9 Class 5 – 6:00p Bring a Friend!	10 W.E. – 6:00p Class 6 – 7:00p Bring a Friend!	11	12 Class 7 – 6:00p RD Class – 7:00p Freestyle Focus	13 Class 8 – 1:00p Bring a Friend!
14	15	16 Class 9 – 6:00p Bring a Friend!	17 W.E. – 6:00p Class 10 – 7:00p Bring a Friend!	18	19 Class 11 – 6:00p RD Class – 7:00p Mount Focus	20 Class 12 – 1:00p Bring a Friend!
21 Javi Vazquez Seminar	22	23 Class 13 – 6:00p Bring a Friend!	24 W.E. – 6:00p Class 14 – 7:00p Bring a Friend!	25	26 Class 15 – 6:00p RD Class – 7:00p Mount Focus	27 Class 16 – 1:00p Bring a Friend!
28	29	March 1 Class 17 – 6:00p Bring a Friend!	March 2 W.E. – 6:00p Class 18 – 7:00p Bring a Friend!	March 3	March 4 Class 19 – 6:00p RD Class – 7:00p Guard Focus	March 5 Class 20 – 1:00p Bring a Friend!

Street Readiness in 23 Lessons!

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 lessons 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! If you have trouble accessing your lessons online, please speak to a student services representative.

Blue Belt Qualification Test

Once you complete each *Gracie Combatives* class three times and you perfect the 36 techniques in every possible combination, you can test for your Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com. Please see the *Blue Belt Qualification Requirements* handout for details.