GRACIE COMBATIVES®

The Fastest Way to Street Readiness. Guaranteed.

Gracie Combatives	
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)

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 ********** Closed for Summer Break! **********	**30** Class 23 - 5:30p	**31** Class 1 - 7:30p Bring a Friend !	**1** Class 1 - 5:30p Bring a Friend !	**2**	**3** Class 5 - 9am RD Class - 10am Standing Focus
5 Class 2 - 7:30p	**6** Class 2 - 5:30p	**7** Class 3 - 7:30p	**8** Class 3 - 5:30p Bring a Friend !	**9**	**10** Class 6 - 9am RD Class - 10am Mount Focus
12 Class 4 - 7:30p	**13** Class 4 - 5:30p	**14** Class 5 - 7:30p	**15** Class 5 - 5:30p Bring a Friend !	**16**	**17** Class 7 - 9am RD Class - 10am Side Mount Focus
19 Class 6 - 7:30p	**20** Class 6 - 5:30p	**21** Class 7 - 7:30p	**22** Class 7 - 5:30p Bring a Friend !	**23**	**24** Class 8 - 9am RD Class - 10am Guard Focus
26 Class 8 - 7:30p	**27** Class 8 - 5:30p	**28** Class 9 - 7:30p	**29** Class 9 - 5:30p Bring a Friend !	**30**	**31** ********** Closed for Labor Day Weekend **********

Gracie Combatives®

Although there are over 900 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. These 36 techniques were divided into 23 different classes (left) to make up the Gracie Combatives Course. All 23 classes can be completed in any order.

Reflex Development Class (RD Class)

A "Combatives Card" will be used to track your progress through the course and once you attend each lesson two times, you qualify to participate in the Reflex Development Classes where you will learn to execute all variations of the 36 techniques in every possible combination.

Combatives Belt

Once you complete each Gracie Combatives® class three times, and you perfect the 36 techniques in every possible combination you can test for your Combatives Belt.

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