

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown Videos: 1 & 6
2	Americana Armlock – Mount Clinch (Aggressive Opponent) Videos: 2 & 7
3	Positional Control – Mount Body Fold Takedown Videos: 3 & 14
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent) Videos: 4, 5, & 15
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing) Videos: 8 & 23
6	Straight Armlock – Mount Guillotine Defense Videos: 9 & 32
7	Triangle Choke – Guard Haymaker Punch Defense Videos: 10 & 30
8	Elevator Sweep – Guard Rear Takedown Videos: 11 & 29
9	Elbow Escape – Mount Pull Guard Videos: 12 & 21
10	Positional Control – Side Mount Double Leg Takedown (Aggressive) Videos: 13 & 17
11	Headlock Counters – Mount Standing Headlock Defense Videos: 16 & 26
12	Headlock Escape 1 – Side Mount Standing Armlock Videos: 18 & 34
13	Straight Armlock – Guard Clinch (Aggressive Opponent) Videos: 7 & 19
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) Videos: 20 & 23
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) Videos: 15 & 22
16	Shrimp Escape – Side Mount Body Fold Takedown Videos: 14 & 24
17	Kimura Armlock – Guard Leg Hook Takedown Videos: 6 & 25
18	Punch Block Series (5) – Guard Haymaker Punch Defense Videos: 27 & 30
19	Hook Sweep – Guard Guillotine Defense Videos: 28 & 32
20	Take the Back – Guard Standing Headlock Defense Videos: 26 & 31
21	Elbow Escape – Side Mount Pull Guard Videos: 21 & 33
22	Twisting Arm Control – Mount Rear Takedown Videos: 29 & 35
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative) Videos: 17 & 36

July 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Class 23 – 7:20p	29 Class 23 – 5:30p	30 Class 1 – 7:20p	July 1 st Class 1 – 5:30p	2	3 Closed for Service Saturday!
5 Class 2 – 7:30p	6 Class 2 – 5:30p	7 Class 3 – 7:20p	8 Class 3 – 5:30p	9	10 Class 21 – 11a RD Class – 10a Mount Focus
12 Class 4 – 7:20p	13 Class 4 – 5:30p	14 Class 5 – 7:20p	15 Class 5 – 5:30p	16	17 Class 22 – 11a RD Class – 10a Side Mount Focus
19 Class 6 – 7:20p	20 Class 6 – 5:30p	21 Class 7 – 7:20p	22 Class 7 – 5:30p	23	24 Class 23 – 11a RD Class – 10a Standing Focus
26 Class 8 – 7:20p	27 Class 8 – 5:30p	28 Class 9 – 7:20p	29 Class 9 – 5:30p	30	31 Class 1 – 11a RD Class – 10a Guard Focus
August 2 nd Class 10 – 7:20p	3 Class 10 – 5:30p	4 Class 11 – 7:20p	5 Class 11 – 5:30p	6	7 Closed for Service Saturday!

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 lessons 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 Gracie Combatives belt.

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