

Gracie Combatives®

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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
23	Double Leg Takedown (Conservative)

February 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Class 2 – 7:30p	4 Class 2 – 5:30p	5 Class 3 – 7:30p	6 Class 3 – 5:30p	7	8 Class 23 – 10a RD Class – 11a Guard Focus
10 Class 4 – 7:30p	11 Class 4 – 5:30p	12 Class 5 – 7:30p	13 Class 5 – 5:30p	14 Parent's Night Out! 5:30p – 9:30p	15 Class 1 – 10a RD Class – 11a Side Mount
17 Class 6 – 7:30p	18 Class 6 – 5:30p	19 Class 7 – 7:30p	20 Class 7 – 5:30p	21	22 Class 2 – 10a RD Class – 11a Standing Focus
24 Class 8 – 7:30p	25 Class 8 – 5:30p	26 Class 9 – 7:30p	27 Class 9 – 5:30p	28	29 Class 3 – 10a RD Class – 11a Mount Focus
2 Class 10 – 7:30p	3 Class 10 – 5:30p	4 Class 11 – 7:30p	5 Class 11 – 5:30p	6	7 Service Saturday!
9 Class 12 – 7:30p	10 Class 12 – 5:30p	11 Class 13 – 7:30p	12 Class 13 – 5:30p	13	14 Class 4 – 10a RD Class – 11a Guard Class

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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