

# 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 Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)

September 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Class 19 – 7:20p	September 1 <sup>st</sup> Class 19- 5:30p	2 Class 20 – 7:20p	3 Class 20 – 5:30p	4	5 Closed for Garage Sale for Haiti!
7 Closed for Labor Day!	8 Class 21 – 5:30p	9 Class 22 – 7:20p	10 Class 22 – 5:30p	11	12 Class 14 – 11a RD Class – 10a Side Mount
14 Class 23 – 7:20p	15 Class 23 – 5:30p	16 Class 1 – 7:20p	17 Class 1 – 5:30p	18	19 Class 15 – 11a RD Class – 10a Standing Focus
21 Class 2 – 7:20p	22 Class 2 – 5:30p	23 Class 3 – 7:20p	24 Class 3 – 5:30p	25	26 Class 16 – 11a RD Class – 10a Guard Focus
28 Class 4 – 7:20p	29 Class 4 – 5:30p	30 Class 5 – 7:20p	October 1 <sup>st</sup> Class 5 – 5:30p	2	3 Closed for Board-Break-A-Thon!
5 Class 6 – 7:20p	6 Class 6 – 5:30p	7 Class 7 – 7:20p	8 Class 7 – 5:30p	9	10 Class 17 – 11a RD Class – 10a Mount Focus

## 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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