

GRACIE COMBATIVES®

JAN/FEB 2025

23 Classes	36 Essential Techniques	Tuesday	Thursday	Friday	Saturday
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)	7 Jan 2025 Class 1 - 6:00pm-7:00pm Bring a Friend!	9 Class 2 - 7:00pm-8:00pm Bring a Friend!	10 Class 3 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Mount Focus	11 RD Class - 12:30pm – 1:30pm Mount Focus Class 4 - 1:30pm - 2:30pm
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)	14 Class 5 - 6:00pm-7:00pm Bring a Friend!	16 Class 6 - 7:00pm-8:00pm Bring a Friend!	17 Class 7 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Guard Focus	18 RD Class - 1:00pm – 2:00pm Guard Focus Class 8 - 2:00pm - 3:00pm
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)	21 Class 9 - 6:00pm-7:00pm Bring a Friend!	23 Class 10 - 7:00pm-8:00pm Bring a Friend!	24 Class 11 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Side Mount Focus	25 RD Class - 1:00pm – 2:00pm Side Mount Focus Class 12 - 2:00pm - 3:00pm
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)	28 Class 13 - 6:00pm-7:00pm Bring a Friend!	30 Class 14 - 7:00pm-8:00pm Bring a Friend!	31 Class 15 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Standing Focus	1 Feb RD Class - 1:00pm – 2:00pm Standing Focus Class 16 - 2:00pm - 3:00pm
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)	4 Feb Class 17 - 6:00pm-7:00pm Bring a Friend!	6 Class 18 - 7:00pm-8:00pm Bring a Friend!	7 Class 19 - 6:30pm - 7:30pm RD Class - 7:30pm – 8:30pm Fight Sim Focus	8 RD Class - 1:00pm – 2:00pm Fight Sim Focus Class 20 - 2:00pm - 3:00pm
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)				

Street Readiness in 23 Classes!

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 classes 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!

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com