

# GRACIE COMBATIVES®

23 GC Classes	36 Essential Techniques ( ) = video lesson number on GracieUniversity.com
1	<b>Trap and Roll Escape – Mount</b> (GU L1) Leg Hook Takedown (GU L6)
2	<b>Americana Armlock – Mount</b> (GU L2) Clinch (Aggressive Opponent) (GU L7)
3	<b>Positional Control – Mount</b> (GU L3) Body Fold Takedown (GU 14)
4	<b>Take the Back + R.N.C. – Mount</b> (GU L4+5) Clinch (Conservative Opponent) (GU L15)
5	<b>Punch Block Series (1-4) – Guard</b> (GU L8) Guillotine Choke (Standing) (GU L23)
6	<b>Straight Armlock – Mount</b> (GU L9) Guillotine Defence (GU L32)
7	<b>Triangle Choke – Guard</b> (GU L10) Haymaker Punch Defence (GU L30)
8	<b>Elevator Sweep – Guard</b> (GU L11) Rear Takedown (GU L29)
9	<b>Elbow Escape – Mount</b> (GU L12) Pull Guard (GU L21)
10	<b>Positional Control – Side Mount</b> (GU L13) Double Leg Takedown (Aggressive) (GU L17)
11	<b>Headlock Counters – Mount</b> (GU L16) Standing Headlock Defence (GU L26)
12	<b>Headlock Escape 1 – Side Mount</b> (GU L18) Standing Armlock (GU L34)
13	<b>Straight Armlock – Guard</b> (GU L19) Clinch (Aggressive Opponent) (GU L7)
14	<b>Double Ankle Sweep – Guard</b> (GU L20) Guillotine Choke (Guard Pull) (GU L23)
15	<b>Headlock Escape 2 – Side Mount</b> (GU L22) Clinch (Conservative Opponent) (GU L15)
16	<b>Shrimp Escape – Side Mount</b> (GU L24) Body Fold Takedown (GU L14)
17	<b>Kimura Armlock – Guard</b> (GU L25) Leg Hook Takedown (GU L6)
18	<b>Punch Block Series (5) – Guard</b> (GU L27) Haymaker Punch Defence (GU L30)
19	<b>Hook Sweep – Guard</b> (GU L28) Guillotine Defence (GU L32)
20	<b>Take the Back – Guard</b> (GU L31) Standing Headlock Defence (GU L26)
21	<b>Elbow Escape – Side Mount</b> (GU L33) Pull Guard (GU L21)
22	<b>Twisting Arm Control – Mount</b> (GU L35) Rear Takedown (GU L29)
23	<b>Double Underhook Pass – Guard</b> (GU L36) Double Leg Takedown (Conservative) (GU L17)

APRIL 2024 *Class schedule subject to change			
Monday	Tuesday	Wednesday	Thursday
1 April 20:00 - Class 18	2 18:15 - Class 19 + RD Mount 1 (30m)	3 19:45 - Class 20 + RD Guard 2 (30m)	4 18:15 - Class 21 + RD Mount 1 (30m)
8 20:00 - Class 22	9 18:15 - Class 23 + RD Mount 2 (30m)	10 19:45 - Class 1 + RD Side Mount (30m)	11 18:15 - Class 2 + RD Mount 2 (30m)
15 20:00 - Class 3	16 18:15 - Class 4 + RD Guard 1 (30m)	17 19:45 - Class 5 + RD Standing (30m)	18 18:15 - Class 6 + RD Guard 1 (30m)
22 20:00 - Class 7	23 18:15 - Class 8 + RD Guard 2 (30m)	24 19:45 - Class 9 + RD Freestyle (30m)	25 18:15 - Class 10 + RD Guard 2 (30m)
29 20:00 - Class 11	30 18:15 - Class 12 + RD Side Mount (30m)		

## Log-on & Boost Progress

As a student of the Gracie Combatives program, you qualify for a free subscription to Gracie University Online. To optimise learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device!



See the reverse of this page for instructions on how to complete the programme and frequently asked questions →

# GRACIE COMBATIVES® PROGRAMME DESCRIPTION AND INFORMATION

## Step 1: Learn the 36 Techniques

- The 36 essential techniques taught in Gracie Combatives have been strategically divided into 23, 1 hour classes.
- Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.
- You will aim to complete each of the 23 lessons, three times. These will be tracked on your belt qualification card.
- Stripes will be awarded approximately every 20 classes.

## Step 2: Develop Your Reflexes

- Once you achieve 2 stripes you will qualify to participate in the Reflex Development (RD) Classes.
- This is where you will learn how to combine the 36 techniques to address the most common occurrences in a real fight.
- These classes are indicated on the calendar and directly follow the technique classes.
- You must attend the technique class to attend Reflex Development.

## Step 3: Earn your Gracie Combatives White/Blue Belt

- Once you achieve 4 stripes, and own every technique individually and in combination, you can book a review for your Gracie Combatives belt.
- Upon completion of this test you will advance to the Master Cycle program.
- You can book a belt review anytime after you achieve 4 stripes. To book a belt review, speak to your instructor.

## Frequently Asked Questions

### *Do you need to book for classes?*

There is no need to book onto classes, simply turn up and we will track your attendance.

### *Do you need to stick to set days?*

Whilst setting routine is great, you can use your monthly allowance of classes as you wish.

### *Do I have to wear a Gi to every class?*

You must wear a clean white Gi to every class with a rash guard or t-shirt underneath. Speak to your instructor for details. We do not require you to purchase the official Gracie Gear but we recommend and appreciate it when you do. If necessary you can rent a Gi before the class.

### *How is my progress tracked?*

We track your progress on your belt qualification card. Every time you come to class, pull this card from the filing box and take it onto the mat with you. We will collect and mark this for next time.

### *Got more questions?*

If you have any other questions about your training, speak to your instructor in class or call us on 0161 527 1193 and instructor will get back to you.