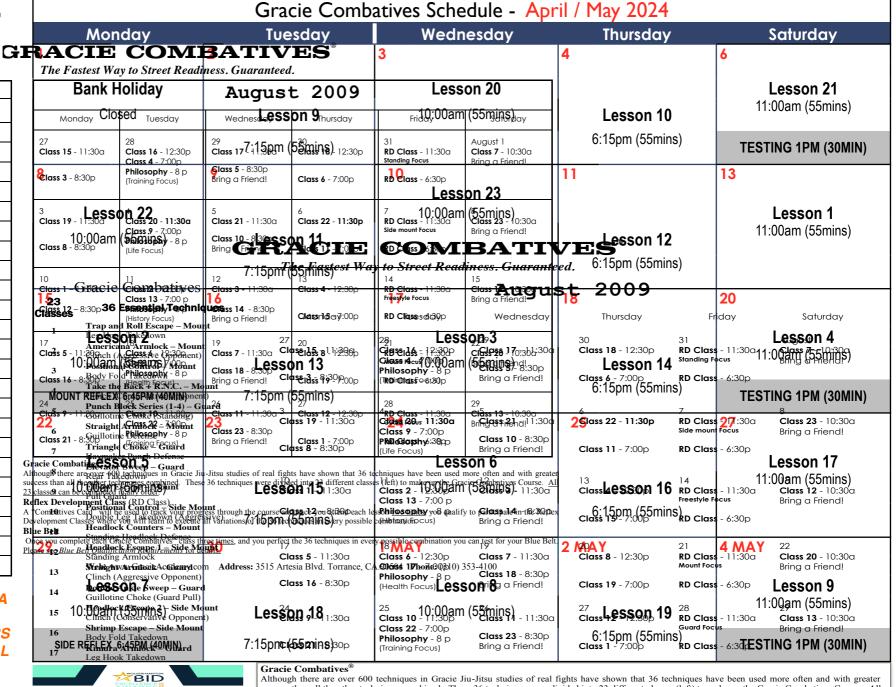
GRACIE JIU-JITSU

Gracie Combatives 36 Essential Techniques Classes Trap and Roll Escape – Mount Leg Hook Takedown Americana Armlock – Mount 2 Clinch (Aggressive Opponent) Positional Control - Mount Body Fold Takedown Take the Back + R.N.C. - Mount Clinch (Conservative Opponent) Punch Block Series (1-4) - Guard 5 Guillotine Choke (Standing) Straight Armlock - Mount Guillotine Defense Triangle Choke - Guard Haymaker Punch Defense Elevator Sweep - Guard Rear Takedown Elbow Escape - Mount Pull Guard Positional Control - Side Mount Double Leg Takedown (Aggressive) Headlock Counters - Mount 11 Standing Headlock Defense Headlock Escape 1 – Side Mount Standing Armlock Straight Armlock - Guard 13 Clinch (Aggressive Opponent) Double Ankle Sweep - Guard 14 Guillotine Choke (Guard Pull) Headlock Escape 2 – Side Mount 15 Clinch (Conservative Opponent) Shrimp Escape - Side Mount Body Fold Takedown Kimura Armlock – Guard Leg Hook Takedown Punch Block Series (5) - Guard 18 Haymaker Punch Defense Hook Sweep - Guard 19 Guillotine Defense Take the Back - Guard 20 Standing Headlock Defense Elbow Escape - Side Mount 21 Pull Guard Twisting Arm Control - Mount 22 Rear Takedown Double Underhook Pass - Guard Double Leg Takedown (Conservative)

ALL CLASSES REQUIRES A MINIMUM OF 3 PEOPLE. PLEASE BOOK IN 24 HOURS BEFORE CLASS. OR IT WILL **BE CANCELLED**

Find this schedule at WWW.GRACIEUNIVERSITY.CO.UK



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 lesson 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.

Once you complete each Gracie Combatives® class three times, and you perfect the 36 techniques in every possible combination you can test for your Blue Belt. Please see Blue Belt Qualification Requirements for details.

Double Underhook Pass - Guard

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