



| Gracie Combatives |                                                                  |
|-------------------|------------------------------------------------------------------|
| 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) |

| Gracie Combatives Schedule - Aug 2026                 |                                                             |                                                           |                                                         |                                                           |
|-------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| Monday                                                | Tuesday                                                     | Wednesday                                                 | Thursday                                                | Saturday                                                  |
| <b>3</b><br><br><b>Lesson 22</b><br>10:00am (55mins)  | <b>4</b><br><br><b>REFLEX CLASS</b><br>7:15pm (45mins)      | <b>5</b><br><br><b>Lesson 23</b><br>10:00am (55mins)      | <b>6</b><br><br><b>Lesson 5</b><br>6:15pm (55mins)      | <b>8</b><br><br><b>Lesson 6</b><br>11:00am (55mins)       |
| <b>10</b><br><br><b>Lesson 1</b><br>10:00am (55mins)  | <b>11</b><br><br><b>Lesson 7</b><br>7:15pm (55mins)         | <b>12</b><br><br><b>Lesson 2</b><br>10:00am (55 mins)     | <b>13</b><br><br><b>Lesson 8</b><br>6:15pm (55mins)     | <b>15</b><br><br><b>Lesson 9</b><br>11:00am (55mins)      |
| <b>17</b><br><br><b>Lesson 3</b><br>10:00am (55mins)  | <b>18</b><br><br><b>Lesson 10</b><br>7:15pm (45mins)        | <b>19</b><br><br><b>Lesson 4</b><br>10:00am (55mins)      | <b>20</b><br><br><b>REFLEX CLASS</b><br>6:15pm (45mins) | <b>22</b><br><br><b>Lesson 5</b><br>11:00am (55mins)      |
| <b>24</b><br><br><b>Lesson 6</b><br>10:00am (55mins)  | <b>25</b><br><br><b>Lesson 11</b><br>7:15pm (55mins)        | <b>26</b><br><br><b>Lesson 7</b><br>10:00am (55mins)      | <b>27</b><br><br><b>Lesson 12</b><br>6:15pm (55mins)    | <b>29</b><br><br><b>Lesson 13</b><br>11:00am (55mins)     |
| <b>31</b><br><br><b>Lesson 13</b><br>10:00am (55mins) | <b>1 Sept</b><br><br><b>REFLEX CLASS</b><br>7:15pm (45mins) | <b>2 Sept</b><br><br><b>Lesson 14</b><br>10:00am (55mins) | <b>3 Sept</b><br><br><b>Lesson 8</b><br>6:15pm (40mins) | <b>5 Sept</b><br><br><b>Lesson 15</b><br>11:00am (55mins) |

#### Gracie Combatives®

Although there are over 600 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 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.

#### Blue 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 Blue Belt. Please see Blue Belt Qualification Requirements for details.

Find this schedule at

[WWW.GRACIEUNIVERSITY.CO.UK](http://WWW.GRACIEUNIVERSITY.CO.UK)