Grac 23 Classes 1 Trap Leg H 2 Amed Clinc 3 Posit 6 Strai 6 Strai 6 Strai 6 Strai 7 Trian 8 Eleva 8 Eleva 8 Rear 9 Elboo 10 Doub 11 Head 12 Head 13 Strai	CIE JIU-JITSU WOLVERHAMPTON C:e Combatives 36 Essential Techniques p and Roll Escape – Mount Hook Takedown ericana Armlock – Mount ch (Aggressive Opponent) titional Control – Mount ch (Aggressive Opponent) titional Control – Mount ch (Conservative Opponent) ch Block Series (1-4) – Guard lotine Choke (Standing) wight Armlock – Mount lotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown ov Escape – Mount	CIE The Fastest W Less Moh900am 27 Class 15 - 11:30a & lass 3 - 8:30p 3 Class 19 - 11:30a	28 Class 16 - 12:30p Class 16 - 12:30p Class 16 - 2:30p Class 16 - 12:30p Class 16 -	BATIN ness. Guarantee Augus wednescess 29 class 177:150m	esday 7ES 2d. 3t 2009 30n 18hursday (520 mins) 12:30p	3 Les	nesday son 5 ໗(55ຫຼiູຄູຣູ) _{ay}	Thursday 4 Lesson 19	6 Lesson 6 11:00am (55mins)
23 3 2lasses 3 1 Trap Leg H 2 Amee Clinc 3 Positi Body 4 Clinc 5 Punc 6 Strai 7 Trian 7 Trian 8 Eleva Rear 9 Elboo 10 Positi 11 Head 12 Head 13 Strai	cie Combatives 36 Essential Techniques p and Roll Escape – Mount Hook Takedown ericana Armlock – Mount ch (Aggressive Opponent) itional Control – Mount y Fold Takedown te the Back + R.N.C. – Mount ch (Conservative Opponent) itich Block Series (1-4) – Guard llotine Choke (Standing) ight Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	27 Class 15 - 11:30a 8 lass 3 - 8:30p 3 Class 19 - 11:30a	28 Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p	Augus wednescess 29 class 177;150m	st 2009	Les		Lesson 19	
23 3 2lasses 3 1 Trap Leg H 2 Amee Clinc 3 Positi Body 4 Clinc 5 Punc 6 Strai 7 Trian 7 Trian 8 Eleva Rear 9 Elboo 10 Positi 11 Head 12 Head 13 Strai	36 Essential Techniques p and Roll Escape – Mount Hook Takedown ericana Armlock – Mount ch (Aggressive Opponent) itional Control – Mount y Fold Takedown ze the Back + R.N.C. – Mount ch (Conservative Opponent) ich Block Series (1-4) – Guard llotine Choke (Standing) ight Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	Less MohadyDam 27 Class 15 - 11:30a &lass 3 - 8:30p 3 Class 19 - 11:30a	28 Class 16 - 12:30p Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p	Augus wedne Less ²⁹ class 177:15.00 6 lass 5 - 8:30p	st 2009			Lesson 19	
Classes Constraints 1 Trap Leg H 2 American Straints 3 Positing 3 Positing 4 Take Cline 5 Punce 6 Straints 7 Triants 7 Triants 8 Eleva Reart 9 Elboor 100 Positing 111 Headd Standt 12 Headd Standt 13 Straints	p and Roll Escape – Mount Hook Takedown ericana Armlock – Mount ich (Aggressive Opponent) titonal Control – Mount y Fold Takedown is the Back + R.N.C. – Mount ich (Conservative Opponent) ch Block Series (1-4) – Guard llotine Defense inght Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	27 Class 15 - 11:30a &lass 3 - 8:30p 3 Class 19 - 11:30a	28 Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p	Wedne LGSS 29 Class 17 7:15pm 6lass 5 - 8:30p	son 18 _{hursday}	Friday:00an	n (55mjins) _{Jay}	Lesson 19	11:00am (55mins)
1 Trap Leg H 2 Amee 2 Clinc 3 Posit Body 4 Take Clinc 5 Punc 6 Strai 7 Trian Guill 7 Trian Hayn 8 Eleve Rear 9 Pilbo Posit Doub 10 Posit 11 Head Stand 12 Head Strai	Hook Takedown ericana Armlock – Mount ich (Aggressive Opponent) titional Control – Mount y Fold Takedown e the Back + R.N.C. – Mount ich (Conservative Opponent) ch Block Series (1-4) – Guard lotine Dchoke (Standing) uight Armlock – Mount lotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	27 Class 15 - 11:30a &lass 3 - 8:30p 3 Class 19 - 11:30a	28 Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p	²⁹ Class 177:15pm Glass 5 - 8:30p		Filddy	(suloiguy	Lesson 19	
2 Americ Clinc 3 Posit Body 3 Take Clinc 5 Pune Guill 6 Strai 7 Triau 10 Posit Doub 11 Head Stand 12 Head Stand 13 Strai	ericana Armlock – Mount ch (Aggressive Opponent) titonal Control – Mount y Fold Takedown æ the Back + R.N.C. – Mount ch (Conservative Opponent) ch Block Series (1-4) – Guard llotine Choke (Standing) uight Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	Class 15 - 11:30a &lass 3 - 8:30p 3 Class 19 - 11:306	Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p	6lass 5 - 8:30p	(55 mins) 12:30p			6:15pm (55mins)	
3 Body 4 Clac 5 Punc 6 Strai 7 Trian 8 Eleve 9 Elbo 910 Doub 11 Head 12 Strai 13 Strai	y Fold Takedown te the Back + R.N.C Mount tch (Conservative Opponent) ch Block Series (1-4) - Guard lotine Choke (Standing) tight Armlock - Mount lotine Defense angle Choke - Guard maker Punch Defense vator Sweep - Guard r Takedown	3 Class 19 - 11:306	Philosophy - 8 p		,	31 RD Class - 11:30a Standing Focus	August 1 Class 7 - 10:30a Bring a Friend!		TESTING 1PM (30MI
4 Clinc 5 Punc Guill Guill 6 Strai 7 Triau 8 Eleva 7 Pull 0 9 Plob 10 Posit 11 Head 12 Head 13 Strai	ich Block Series (1-4) – Guard llotine Choke (Standing) iight Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown	3 Class 19 - 11:306	(Indining Pocos)	Bring a Friend!	Class 6 - 7:00p	RD Class - 6:30p	Bring a Frienai	11	13
5 Guill 6 Strai Guill Triai 7 Triai 8 Eleva 9 Elbo Posit Doub 10 Posit 11 Head 12 Head 13 Strai	llotine Choke (Standing) ight Armlock – Mount llotine Defense angle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown						son 8		
o Guill. 7 Triat. Hayn 8 Eleve. Rear 9 Plbo 10 Posit 10 Head 11 Head 12 Head 13 Strati	llotine Defense ngle Choke – Guard maker Punch Defense vator Sweep – Guard r Takedown		son 7.	5 Class 21 11:20	6	7 10:00an			Lesson 22
7 Hayn 8 Eleve Rear 9 Elbo Pull (10 Positi 11 Head Stand 12 Head Stand 13 Strait	maker Punch Defense vator Sweep – Guard r Takedown	10.00am	Classe 0 7:00m	Class 21 - 11:30a	Class 22 - 11:30p	Side mount Focus	Pring a Friendl	Loscon 21	11:00am (55mins)
8 Eleva Rear 9 Elbor Pull (Posit Doub 10 Posit Doub 11 Head Stand 12 Head Stand 13 Strait	vator Sweep – Guard r Takedown	10:00am Class 8 - 8:30p	(Life Focus)	Bring Grin		DBM	BATI		
9 Elbo Pull (10 Posit Doub 11 Head Stand 12 Head Stand			C 6;45PM (40MIN)	7:15pm	The Fight Wa	to Street Read	diness. Guarant	<i>eed.</i> 6:15pm (55mins)	
10 Posit Doub 11 Head Stand 12 Head Stand 13 Strait	Guard	Class 1 - GEACIC		12 Class 3 - 11:30a	Class 4 - 12:30p	14 RD Class - 11:30a Freesfyle Focus	15 Class Auggu Bring a Friend!		20
11Head Stand12Head Stand13Strait	itional Control – Side Mount ble Leg Takedown (Aggressive)	153 Classes 12 - 8:30p36	Class 13 - 7:00 p EscentialyTechnic	UCRSiss 14 - 8:30p	Cløssrid a∛:00p	RD Clasesdayp	Bring a Friend!-	Thursday	Friday Saturday
12 Head Stand	adlock Counters – Mount hding Headlock Defense	, Trap a	nd Roll Escape – Mou	nt	, .				
13 Strai	dlock Escape 1 – Side Mount nding Armlock	17 Americ Closs 5 - 11:299ch (Som gown ana Armlock – Moun (Acless the Control of the state	19 2 Class 7 - 11:30a	27 20 Clase135: 8 1 1;2:96p	281 LUSS Generals - 12:382	CIGSP20 170:302:300	30 31 Class 18 - 12:30p RD Cla	Lesson 11 gss - 11:30a11:00 ans (55) (13) g Facus
Cline	hight Armlock – Guard hich (Aggressive Opponent)	3 10:00am	happenserver / Mount	Class 18 - 8.300	son 23	Gleseids = 12:300 Gleseids = 12:300 Gleseid - 12:300 Gleseid - 12:300 Gleseid - 12:300 Gleseids = 12:300 Gleseids	n (5500000000000000000000000000000000000	LESSUILI	
14 Doub	ible Ankle Sweep – Guard Ilotine Choke (Guard Pull)		10 Dack + K.N.C MC	Bring a Friend!	P.00p	(1 RO:01055 -6\$30p	Bring a Friend!	Class 6 - 7:00p RD Class 7 - 7:00p RD	ass - 6:30p TERTING 4DM (20MI
15 Head	dlock Escape 2 – Side Mount the (Conservative Opponent)		Conservative Opponen Block Series (1-4) – G	uard	(55mins)	28	29		TESTING 1PM (30M
16 Shrin	imp Escape – Side Mount	22 Straigh	ne Chord (Standing) t Arims 22 - Mount Philosophy 8 -	Class 11 - 11:30a - 23 Class 23 - 8:30p	Class 12 - 12:30p Class 19 - 11:30a	Class 9 - 7:00p	Eldss 13 - 10:30a Brifiges fifeha! 1:30a		ass 217:30a Class 23 - 10:30c Bring a Friend!
17 Kim	nura Armlock – Guard Hook Takedown	Class 21 - 8:300 7 Triang	ne Philosophy - 8 p le Choke - Guard		Class 1 - 7:00p Class 8 - 8:30p	PNIGioshy:38pp (Life Focus)	Class 10 - 8:30p Bring a Friend!		ass - 6:30p
18 Punc	the Block Series (5) – Guard maker Punch Defense	Gracie Combat CSS Althougi ⁸ there are over 60	Onvert Guard						Lesson 4
10 Hook	bk Sweep – Guard Ilotine Defense	success than all the prover to 23 classes can be completed	christers combined. These	e 36 techniques were div	Red into 3 different class	es (left) to make up the Gr	acie Clembatives Course. <u>A</u>	13 Class Lesson 3 RD Cla	11:00am (55mins) ass - 11:30a Class 12 - 10:30a
20 Take	te the Back – Guard nding Headlock Defense	Reflex Development Cl	and Control Side Mo	unt tess through the course	Mass 12 m StB Massh 1	Class 13 - 7:00 p	fy to Gildissal d in-tills BOM	6:15pm (55mine)	e Focus Bring a Friend!
21 Elbo	ow Escape – Side Mount Guard	Reflex Development CL A Comfetives Card will DevelSTANDING REFLET Blue Bett Headlo	ck Counters - Mount	all variations of h5pm	ch5511116Sery possible	combination cus)	Bring a Friend!	.» 6:15pm (55mins) сlass 15-7:00р кр ск	221 - 6:30p
22 Twis	isting Arm Control – Mount r Takedown	Once you complete each G Please sto Blue Ben Otanin	A Headlock Defenses the Combatives class the c	ree times, and you perfe	ect the 36 techniques in eve		ou can test for your Blue Bel	t	3 Aug 22 ass - 11:30a Class 20 - 10:30a
23 Doub	ible Underhook Pass – Guard ible Leg Takedown (Conservative)	Standin Webight	g Anniock w Avrinkoik Ac Glemyi co	m Address: 3515 A	-iuss 5 - 11.50u	Class 6 - 12:30p .@063\$ 17hoñ@@810)	Class 7 - 11:30a 353-4100	Class 8 - 12:30p RD Class 8 - 12:30p RD Class 8 - 12:30p	
		Linch ((Aggressive Opponent)	, c	Class 16 - 8:30p	Philosophy - 8 p (Health Focus	Class 18 - 8:30p Class 18 - 8:30p	Class 19 - 7:00p RD Cla	ass - 6:30p Lesson 16
	SES REQUIRES A	Guilloti	ne Choke (Guard Pull)		Aon F			²⁷ Looon 6 ²⁸	11:00am (55mins)
	OF 3 PEOPLE,	Shrimn	Conservative Opponen Escape – Side Mount		\$0, 5 11:30a	25 10:00an Class 10 - 11:30p Class 22 - 7:00p	1 (3311115) Class 11 - 11:30c		ass - 11:30a Class 13 - 10:30c Focus Bring a Friend!
	DOK IN 24 HOURS LASS. OR IT WILL	Body Fo	old Takedown Armlock – Guard		c (5592011A8) 30p	Philosophy - 8 p (Training Focus)	Class 23 - 8:30p Bring a Friend!	6.15nm (55mins)	ass - 6:30 ESTING 1PM (30MI
CANCEL			ok Takedown		ie Combatives [®]	,			
CANCEL				Altho	ugh there are over 600			fights have shown that 36 techniques livided into 23 different classes (left) to	
nd this schedule at			A "Combatives Card" will b						
N.GRACIEUNIVERSITY.CO.UK		Th			ombatives Card" will be	(RD Class) I be used to track your progress through the course and once you attend each lesson <u>two times</u> , you qualify to participate in the R re you will learn to execute all variations of the 36 techniques in every possible combination.			
			Withing Withington OREGION SECURITY			you will learn to execute all variations of the 36 techniques in every possible combination. acie Combatives [®] class <u>three times</u> , and you perfect the 36 techniques in every possible combination you can test for your Blue			
		A.A. WINTO				noia Comhatine ® -1	three times	1 71	