



Gracie Combatives	
23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount
2	Americana Armlock – Mount
3	Positional Control – Mount
4	Take the Back + R.N.C. – Mount
5	Punch Block Series (1-4) – Guard
6	Straight Armlock – Mount
7	Triangle Choke – Guard
8	Elevator Sweep – Guard
9	Elbow Escape – Mount
10	Positional Control – Side Mount
11	Headlock Counters – Mount
12	Headlock Escape 1 – Side Mount
13	Straight Armlock – Guard
14	Double Ankle Sweep – Guard
15	Headlock Escape 2 – Side Mount
16	Shrimp Escape – Side Mount
17	Kimura Armlock – Guard
18	Punch Block Series (5) – Guard
19	Hook Sweep – Guard
20	Take the Back – Guard
21	Elbow Escape – Side Mount
22	Twisting Arm Control – Mount
23	Double Underhook Pass – Guard

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

Gracie Combatives Schedule - July 2025				
Lesson 19 Monday	Tuesday	Wednesday	Thursday	Saturday
7 Lesson 11 10:00am (55mins)	8 Lesson 21 7:15pm (40mins)	9 Lesson 12 10:00am (55mins)	10 Lesson 22 6:15pm (55mins)	12 Lesson 13 11:00am (55mins)
14 Lesson 14 10:00am (55mins)	15 Lesson 23 7:15pm (55mins)	16 Lesson 15 10:00am (55mins)	17 Lesson 1 6:15pm (55mins)	19 Lesson 2 11:00am (55mins) GC TESTING 1PM (30 MINS)
21 Lesson 16 10:00am (55mins)	22 REFLEX CLASS	23 Lesson 17 10:00am (55mins)	24 Lesson 3 6:15pm (55mins)	26 Lesson 18 11:00am (55mins)
28 Lesson 19 10:00am (55mins)	29 Lesson 4 7:15pm (55mins)	30 Lesson 20 10:00am (55mins)	31 Lesson 5 6:15pm (55mins)	2 Aug Lesson 6 11:00am (55mins)
4 Aug Lesson 21 10:00am (55mins)	5 Aug Lesson 7 7:15pm (55mins)	6 Aug Lesson 22 10:00am (55mins)	7 Aug 6:15pm (40mins) REFLEX CLASS	9 Aug Lesson 20 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