



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)

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

Gracie Combatives Schedule - May / June 2024				
Monday	Tuesday	Wednesday	Thursday	Saturday
6 MAY	7	8	9	11
Bank Holiday Closed	Lesson 20 7:15pm (55mins)	Lesson 10 10:00am (55mins)	Lesson 21 6:15pm (55mins)	Lesson 22 11:00am (55mins)
13	14	15	16	18
Lesson 11 10:00am (55mins)	Lesson 23 7:15pm (55mins)	Lesson 12 10:00am (55mins)	Lesson 1 6:15pm (55mins)	Lesson 13 11:00am (55mins)
20	21	22	23	25
Lesson 14 10:00am (55mins)	Lesson 2 7:15pm (55mins)	Lesson 15 10:00am (55mins) GUARD REFLEX 7:45PM (40MIN)	Lesson 3 6:15pm (55mins)	Lesson 4 11:00am (55mins)
27	28	29	30	1 June
Bank Holiday Closed	Lesson 5 7:15pm (55mins)	Lesson 16 10:00am (55mins)	Lesson 6 6:15pm (55mins)	Lesson 7 11:00am (55mins)
3 June	4 June	5 June	6 June	8 June
Lesson 17 10:00am (55mins)	Lesson 8 7:15pm (55mins)	Lesson 18 10:00am (55mins) STANDING REFLEX 7:45PM (40MIN)	Lesson 9 6:15pm (55mins)	Lesson 10 11:00am (55mins) TESTING 1PM (30MIN)



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.