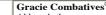


Gracie Combatives				
23 Classes	36 Essential Techniques			
1	Trap and Roll Escape – Mount Leg Hook Takedown			
2	Americana Armlock – Mount Clinch (Aggressive Opponent)			
3	Positional Control – Mount Body Fold Takedown			
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)			
5	Punch Block 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

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



BID

The People's

Favourite Business

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.

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.