

Classes	(Gracie Combatives					
Leg Hook Takedown Americana Armlock – Mount Clinch (Aggressive Opponent) Positional Control – Mount Body Fold Takedown Take the Back + R.N.C. – Mount Clinch (Conservative Opponent) Punch Block Series (1-4) – Guard Guillotine Choke (Standing) Straight Armlock – Mount Guillotine Defense Triangle Choke – Guard Haymaker Punch Defense Elevator Sweep – Guard Rear Takedown Elbow Escape – Mount Pull Guard Positional Control – Side Mount Double Leg Takedown (Aggressive) Headlock Counters – Mount Standing Headlock Defense Headlock Escape 1 – Side Mount Standing Armlock Straight Armlock – Guard Clinch (Aggressive Opponent) Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) Kimura Armlock – Guard Leg Hook Takedown Kimura Armlock – Guard Haymaker Punch Defense Hook Sweep – Guard Guillotine Defense Take the Back – Guard Standing Headlock Defense Take the Back – Guard Standing Headlock Defense Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard		•					
2 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 Hunch 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	1	Leg Hook Takedown					
Body Fold Takedown	2	Clinch (Aggressive Opponent)					
Clinch (Conservative Opponent)	3	Body Fold Takedown					
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 Hush 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 Double Underhook Pass – Guard	4	Clinch (Conservative Opponent)					
Guillotine Defense Triangle Choke – Guard Haymaker Punch Defense Elevator Sweep – Guard Rear Takedown Elbow Escape – Mount Pull Guard Double Leg Takedown (Aggressive) Headlock Counters – Mount Standing Headlock Defense Headlock Escape 1 – Side Mount Standing Armlock Straight Armlock – Guard Clinch (Aggressive Opponent) Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) Shrimp Escape – Side Mount Body Fold Takedown Kimura Armlock – Guard Leg Hook Takedown Kimura Armlock – Guard Guillotine Choke (Guard Pull) Headlock Escape 2 – Side Mount Body Fold Takedown Trake Hook Series (5) – Guard Haymaker Punch Defense Hook Sweep – Guard Guillotine Defense Take the Back – Guard Standing Headlock Defense Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard	5	Guillotine Choke (Standing)					
Haymaker Punch Defense	6	Guillotine Defense					
8 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	7	Haymaker Punch Defense					
Pull Guard Positional Control – Side Mount Double Leg Takedown (Aggressive) Headlock Counters – Mount Standing Headlock Defense Headlock Escape 1 – Side Mount Standing Armlock Straight Armlock – Guard Clinch (Aggressive Opponent) Double Ankle Sweep – Guard Guilotine Choke (Guard Pull) Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) Shrimp Escape – Side Mount Body Fold Takedown Kimura Armlock – Guard Leg Hook Takedown Punch Block Series (5) – Guard Haymaker Punch Defense Hook Sweep – Guard Guillotine Defense Take the Back – Guard Standing Headlock Defense Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard	8	Rear Takedown					
Double Leg Takedown (Aggressive) Headlock Counters - Mount Standing Headlock Defense Headlock Escape 1 - Side Mount Standing Armlock Straight Armlock - Guard Clinch (Aggressive Opponent) Double Ankle Sweep - Guard Guillotine Choke (Guard Pull) Headlock Escape 2 - Side Mount Clinch (Conservative Opponent) Shrimp Escape - Side Mount Body Fold Takedown Kimura Armlock - Guard Leg Hook Takedown Punch Block Series (5) - Guard Haymaker Punch Defense Hook Sweep - Guard Guillotine Defense Take the Back - Guard Standing Headlock Defense Elbow Escape - Side Mount Pull Guard Twisting Arm Control - Mount Rear Takedown Double Underhook Pass - Guard	9	Pull Guard					
11 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	10	Double Leg Takedown (Aggressive)					
13 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	11	Standing Headlock Defense					
14 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	12	Standing Armlock					
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	13	Clinch (Aggressive Opponent)					
Clinch (Conservative Opponent) Shrimp Escape – Side Mount Body Fold Takedown Kimura Armlock – Guard Leg Hook Takedown Punch Block Series (5) – Guard Haymaker Punch Defense Hook Sweep – Guard Guillotine Defense Take the Back – Guard Standing Headlock Defense Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard	14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)					
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	15	Clinch (Conservative Opponent)					
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	16	Shrimp Escape – Side Mount					
18	17	Kimura Armlock – Guard Leg Hook Takedown					
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	18	Punch Block Series (5) – Guard Haymaker Punch 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	19	Hook Sweep – Guard Guillotine Defense					
21 Elbow Escape – Side Mount Pull Guard 22 Twisting Arm Control – Mount Rear Takedown 23 Double Underhook Pass – Guard	20	Take the Back – Guard					
Rear Takedown Double Underhook Pass – Guard	21	Elbow Escape – Side Mount					
	22						
	23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)					

Find this schedule at www.gracieuniversity.co.uk

Gracie Combatives Schedule - OCT 2025

Monday	Tuesday	Wednesday	Thursday	Saturday
		1	2	4
		Lesson 15		Lesson 16
		10:00am (55mins)	Lesson 2	11:00am (55mins)
	7	8	6:15pm (55mins)	11
	/	0	7	
Lesson 17		Lesson 18		Lesson 5
10:00am (55mins)	Lesson 3	10:00am (55 mins)	Lesson 4	11:00am (55mins)
	7:15pm (55mins)	(2ND STRIPE OR ABOVE)	6:15pm (55mins)	
3	14	15	16	18
				Lesson 21 11:00am (55mins)
Lesson 19	Lesson 6	Lesson 20		11.55dill (55lillis)
10:00am (55mins)	7:15pm (45mins)	10:00am (55mins)	REFLEX CLASS	CombativesTesting
			6:15pm (45mins)	1pm
0	21	22	23	25
Lesson 22		Lesson 23		Lesson 1
10:00am (55mins)	Lesson 7		Lesson 8	11:00am (55mins)
	7:15pm (55mins)		6:15pm (55mins)	
7	28	29	30	1 NOV
Lesson 2		REFLEX CLASS		Lesson 11 11:00am (55mins)
10:00am (55mins)	Lesson 9	10:00am (55mins)	Lesson 10	11.00am (pomins)
	7:15pm (55mins)		6:15pm (40mins)	

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. <u>All</u> 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.

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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.