



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)

Gracie Combatives Schedule - September 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
31 Aug Lesson 13 Straight Armlock – Guard Clinch (Aggressive Opponent) 10:00am (55mins)	1 REFLEX CLASS 7:15pm (45mins)	2 Lesson 14 Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) 10:00am (55mins)	3 Lesson 8 Elevator Sweep – Guard Rear Takedown 6:15pm (40mins)	5 Lesson 15 Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) 11:00am (55mins)
7 Lesson 16 Shrimp Escape – Side Mount Body Fold Takedown 10:00am (55mins)	8 Lesson 9 Elbow Escape – Mount Pull Guard 7:15pm (55mins)	9 Lesson 17 Kimura Armlock – Guard Leg Hook Takedown 10:00am (55mins)	10 Lesson 10 Positional Control – Side Mount Double Leg Takedown (Aggressive) 6:15pm (55mins)	12 Lesson 11 Headlock Counters – Mount Standing Headlock Defense 11:00am (55mins)
14 Lesson 18 Punch Block Series (5) – Guard Haymaker Punch Defense 10:00am (55mins)	15 Lesson 12 Headlock Escape 1 – Side Mount Standing Armlock 7:15pm (55mins)	16 Lesson 19 Hook Sweep – Guard Guillotine Defense 10:00am (55mins)	17 GUARD REFLEX CLASS 6:15pm (45mins)	19 Lesson 20 Take the Back – Guard Standing Headlock Defense 11:00am (55mins)
21 Lesson 21 Elbow Escape – Side Mount Pull Guard 10:00am (55mins)	22 Lesson 13 Straight Armlock – Guard Clinch (Aggressive Opponent) 7:15pm (55mins)	23 Lesson 22 Twisting Arm Control – Mount Rear Takedown 10:00am (55mins)	24 Lesson 14 Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) 6:15pm (55mins)	26 Lesson 15 Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) 11:00am (55mins)
28 Lesson 23 Double Underhook Pass – Guard Double Leg Takedown (Conservative) 10:00am (55mins)	29 SIDE REFLEX CLASS 7:15pm (45mins)	30 Lesson 1 Trap and Roll Escape – Mount Leg Hook Takedown 10:00am (55mins)	1 Oct Lesson 16 Shrimp Escape – Side Mount Body Fold Takedown 6:15pm (55mins)	3 Oct Lesson 2 Americana Armlock – Mount Clinch (Aggressive Opponent) 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 twice, 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