



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)

Find this schedule at
WWW.GRACIEUNIVERSITY.CO.UK

Gracie Combatives Schedule - October 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
28 Sep Lesson 23 Double Underhook Pass - Guard Double Leg Takedown (Conservative) 10:00am (55mins)	29 Sep SIDE REFLEX CLASS 7:15pm (45mins)	30 Sep Lesson 1 Trap and Roll Escape - Mount Leg Hook Takedown 10:00am (55mins)	1 Lesson 16 Shrimp Escape - Side Mount Body Fold Takedown 6:15pm (55mins)	3 Lesson 2 Americana Armlock - Mount Clinch (Aggressive Opponent) 11:00am (55mins)
5 Lesson 3 Positional Control - Mount Body Fold Takedown 10:00am (55mins)	6 Lesson 17 Kimura Armlock - Guard Leg Hook Takedown 7:15pm (55mins)	7 Lesson 4 Take the Back + R.N.C. - Mount Clinch (Conservative Opponent) 10:00am (55mins)	8 STANDING REFLEX CLASS 6:15pm (45mins)	10 Lesson 18 Punch Block Series (5) - Guard Haymaker Punch Defense 11:00am (55mins)
12 Lesson 5 Punch Block Series (1-4) - Guard Guillotine Choke (Standing) 10:00am (55mins)	13 Lesson 19 Hook Sweep - Guard Guillotine Defense 7:15pm (55mins)	14 MOUNT REFLEX CLASS 10:00am (45mins)	15 Lesson 20 Take the Back - Guard Standing Headlock Defense 6:15pm (55mins)	17 Lesson 6 Straight Armlock - Mount Guillotine Defense 11:00am (55mins)
19 Lesson 7 Triangle Choke - Guard Haymaker Punch Defense 10:00am (55mins)	20 GUARD REFLEX CLASS 7:15pm (45mins)	21 Lesson 8 Elevator Sweep - Guard Rear Takedown 10:00am (55mins)	22 Lesson 21 Elbow Escape - Side Mount Pull Guard 6:15pm (55mins)	24 Lesson 22 Twisting Arm Control - Mount Rear Takedown 11:00am (55mins)
26 SIDE REFLEX CLASS 10:00am (45mins)	27 Lesson 23 Double Underhook Pass - Guard Double Leg Takedown (Conservative) 7:15pm (55mins)	28 Lesson 9 Elbow Escape - Mount Pull Guard 10:00am (55mins)	29 Lesson 1 Trap and Roll Escape - Mount Leg Hook Takedown 6:15pm (55mins)	31 Lesson 10 Positional Control - Side Mount Double Leg Takedown (Aggressive) 11:00am (55mins)

Gracie Combatives
The 36 essential techniques are organised into 23 lessons. Use the lesson reference on the left to see each class pairing.
October lesson rotation
Monday and Wednesday share one sequence; Tuesday and Thursday share another. Saturdays alternate between the sequences.
Sequence continuity
Reflex classes pause the numbered sequence. The next class in each sequence continues with the next lesson.
Reflex development classes
Rotation: Standing > Mount > Guard > Side > Standing. October: 8th Standing, 14th Mount, 20th Guard, 26th Side.