

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com.

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2 CLOSED - Holiday	3 Class 7 - 10:30am Class 7 - 6:30pm	4 Class 8 - 7:30pm	5 Class 9 - 10:30am Class 9 - 6:30pm	6 Reflex Development 6:30pm	7
8	9 Class 10 - 8:00pm	10 Class 11 - 10:30am Class 11 - 6:30pm	11 Class 12 - 7:30pm	12 Class 13 - 10:30am Class 13 - 6:30pm	13 Reflex Development 6:30pm	14
15	16 Class 14 - 8:00pm	17 Class 15 - 10:30am Class 15 - 6:30pm	18 Class 16 - 8:00pm	19 Class 17 - 10:30am Class 17 - 6:30pm	20 Reflex Development 6:30pm	21
22 Combatives Seminars 10:00am & 1:30pm	23 Class 18 - 8:00pm	24 Class 19 - 10:30am Class 19 - 6:30pm	25 Class 20 - 8:00pm	26 Class 21 - 10:30am Class 21 - 6:30pm	27 Reflex Development 6:30pm	28
29	30 Class 22 - 8:00pm	31 Class 23 - 10:30am Class 23 - 6:30pm				

*Class schedule subject to change based on weather, holidays and/or special events.

Street Readiness in 23 Classes!

The 36 techniques in the *Gracie Combatives*® program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

Reflex Development Class (RD Class)

Once you have attended each class, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

Log-on & Boost Progress!

As a student of the *Gracie Combatives*® program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to a student services representative.

Combatives Belt Qualification Test

Once you complete each *Gracie Combatives*® class at least three times and you perfect the 36 techniques in every possible combination with a training partner, you may be eligible to test for your Gracie Combatives® belt. To watch a complete demo of the test, please visit the "Testing Center" at GracieUniversity.com.