# **GRACIE COMBATIVES**

Classes  Trap & Roll Escape — Mount (GU 1)* Leg Hook Takedown (GU 6)  Americana Armlock — Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Take the Back + R.N.C. — Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) — Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar — Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke — Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep — Guard (GU 11) Rear Takedown (GU 21)  Positional Control — Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters — Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 — Side Mount (GU 18) Standing Armbar (GU 34)  Armbar — Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Clinch (Aggressive Opponent) (GU 7)  Headlock Escape 2 — Side Mount (GU 22) Clinch (Conservative Opponent) (GU 20) Guillotine Choke (Guard Pull) (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape — Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock — Guard (GU 25) Leg Hook Takedown (GU 40)  Guillotine Defense (GU 30)  Punch Block Series (5) — Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep — Guard (GU 28) Guillotine Defense (GU 32)  Take the Back — Guard (GU 28) Guillotine Defense (GU 30)  Punch Block Series (5) — Guard (GU 27) Haymaker Punch Defense (GU 30)  Take the Back — Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 36)  Punch Block Series (5) — Guard (GU 27) Haymaker Punch Defense (GU 30)  Pull Guard (GU 21)  Take the Back — Guard (GU 28) Guillotine Defense (GU 30)  Pull Guard (GU 21)  Take the Back — Guard (GU 28) Guillotine Defense (GU 33) Pull Guard (GU 21)  Twisting Arm Control — Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass — Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)						
Leg Hook Takedown (GU 6)  Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Body Fold Takedown (GU 14)  Take the Back + R.N.C. – Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 61)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	23 Classes	36 Essential Techniques				
Leg Hook Takedown (GU 5)  Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)  Take the Back + R.N.C. – Mount (GU 4+5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)	1	A				
Clinch (Aggressive Opponent) (GU 7)  Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)  Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 30)  Pull Guard (GU 21)  Take the Back – Guard (GU 28) Full Guard (GU 21)  Take the Back – Guard (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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 Armbar – 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 Armbar (GU 34)  13 Armbar – 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)  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 33) Pull Guard (GU 21)  21 Tike the Back – Guard (GU 33) Pull Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	2					
Body Fold Takedown (GU 14)  Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar - Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape - Mount (GU 12) Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armbar (GU 34)  Armbar - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21)  Take the Back - Guard (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)						
Body Fold Takedown (GU 14)  Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 24) Body Fold Takedown (GU 44)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Kimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Chokense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	3	STORY OF THE PROPERTY OF THE P				
Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Be Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	Δ					
Guillotine Choke (Standing) (GU 23)  Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 23) Plud Guard (GU 21)  Take the Back – Guard (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Armbar – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	5					
Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	VS384					
Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	6					
Haymaker Punch Defense (GU 30)  Belevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Bibow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	1000					
Blevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Bibow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 21) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	7					
Rear Takedown (GU 29)  Bibow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	8					
Pull Guard (GU 21)  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 Armbar (GU 34)  13 Armbar – 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)  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)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	9					
Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	5-20					
Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	10					
Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Punch Block Series (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	11					
Standing Armbar (GU 34)  Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	12	The second secon				
Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	13	, , , , , , , , , , , , , , , , , , , ,				
Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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)  Double Underhook Pass – Guard (GU 36)	14					
Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	15					
Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	16					
Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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)  Double Underhook Pass – Guard (GU 36)	17					
Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	201000					
Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	18					
Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	19					
Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	20					
21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	21					
Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		700 mm 200 mm				
Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	22					
Double Underhook Pass – Guard (GU 36)		SPI 10 NO				
	23					
		\$1500 TO SECTION (\$1500 CONT.) \$4,000 CONT. TO SECTION OF SECTION (\$100 CONT.) \$100 CONT. \$100 CONT				

<sup>\*</sup>Parenthesis indicate corresponding video lesson number on GracieUniversity.com

	May 2024							
Monday	Tuesdav	Wednesday	Thursday	Friday	Saturdav			
		May 1 Class 16 - 6:00p Bring a Friend!	2 Class 20 - 7:00p RD Guard - 6:00p	3	4 Class 17 - 10:00a Bring a Friend!			
6 Class 18 - 6:00p	7 Class 21 - 7:00p	8 Class 19 - 6:00p Bring a Friend!	9 Class 22 - 7:00p RD Side Mount - 6:00p	10	11 Class 20- 10:00a Bring a Friend!			
13 Class 21 - 6:00p	14 Class 23 - 7:00p	15 Class 22 - 6:00p Bring a Friend!	16 Class 1 - 7:00p RD Standing - 6:00p	17	18 Class 23 - 10:00a Bring a Friend!			
20 <b>Class 9</b> - 6:00p	21 Class 2 - 7:00p	22 Class 10 - 6:00p Bring a Friend!	23 Class 3 - 7:00p RD Freestyle - 6:00p	24	25 Closed for Memorial Day			
27 Closed for Memorial Day	28 Class 4 - 7:00p	29 Class 11 - 6:00p Bring a Friend!	30 Class 5 - 7:00p RD Mount - 6:00p	31	June 1 Class 12 - 10:00a Bring a Friend!			
June 3 <b>Class 13</b> - 6:00p	4 Class 6 - 7:00p	5 Class 14 - 6:00p Bring a Friend!	6 Class <b>7</b> - 7:00p <b>RD Guard</b> - 6:00p	7	8 Self-Defense 101 Seminar 10:00a-12:15p			

## 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 twice, 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.

### **Gracie Combatives Belt Qualification Test**

Once you have at least eight months of experience and you've perfected all the techniques, individually and in combination, you can test for your Gracie Combatives belt. To watch a complete demo of the test, please visit the *Testing Center* at GracieUniversity.com.