

Gracie Combatives®

| 23 GC Classes | 36 Essential Techniques |
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| 1 | Trap and Roll Escape – Mount (GU L1) Leg Hook Takedown (GU L6) |
| 2 | Americana Armlock – Mount (GU L2) Clinch (Aggressive Opponent) (GUL7) |
| 3 | Positional Control – Mount (GU L3) Body Fold Takedown (GU 14) |
| 4 | Take the Back + R.N.C. – Mount (GU L4+5) Clinch (Conservative Opponent) (GU L15) |
| 5 | Punch Block Series (1-4) – Guard (GU L8) Guillotine Choke (Standing) (GU L23) |
| 6 | Straight Armlock – Mount (GU L9) Guillotine Defence (GU L32) |
| 7 | Triangle Choke – Guard (GU L10) Haymaker Punch Defence (GU L30) |
| 8 | Elevator Sweep – Guard (GU L11) Rear Takedown (GU L29) |
| 9 | Elbow Escape – Mount (GU L12) Pull Guard (GU L21) |
| 10 | Positional Control – Side Mount (GU L13) Double Leg Takedown (Aggressive) (GU L17) |
| 11 | Headlock Counters – Mount (GU L16) Standing Headlock Defence (GU L26) |
| 12 | Headlock Escape 1 – Side Mount (GU L18) Standing Armlock (GU L34) |
| 13 | Straight Armlock – Guard (GU L19) Clinch (Aggressive Opponent) (GU L7) |
| 14 | Double Ankle Sweep – Guard (GU L20) Guillotine Choke (Guard Pull) (GU L23) |
| 15 | Headlock Escape 2 – Side Mount (GU L22) Clinch (Conservative Opponent) (GU L15) |
| 16 | Shrimp Escape – Side Mount (GU L24) Body Fold Takedown (GU L14) |
| 17 | Kimura Armlock – Guard (GU L25) Leg Hook Takedown (GU L6) |
| 18 | Punch Block Series (5) – Guard (GU L27) Haymaker Punch Defence (GU L30) |
| 19 | Hook Sweep – Guard (GU L28) Guillotine Defence (GU L32) |
| 20 | Take the Back – Guard (GU L31) Standing Headlock Defence (GU L26) |
| 21 | Elbow Escape – Side Mount (GU L33) Pull Guard (GU L21) |
| 22 | Twisting Arm Control – Mount (GU L35) Rear Takedown (GU L29) |
| 23 | Double Underhook Pass – Guard (GU L36) Double Leg Takedown (Conservative) (GU L17) |

| March 2019 (Class Schedule Subject To Change) | | | | | |
|---|---|-------------------------------|----------------------------------|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | 1 March | 2 RD Class (G) - 11:00 GC Class 7 – 12:00 |
| 4 GC Class 8 – 20:00 | 5 GC Class – 11:00 GC Class 9 – 19:00 | 6 | 7 GC Class 10 – 19:00 | 8 | 9 RD Class (SM) - 11:00 GC Class 11 – 12:00 |
| 11 GC Class 12 – 20:00 | 12 GC Class – 11:00 GC Class 13 – 19:00 | 13 | 14 GC Class 14 – 19:00 | 15 RD Class (ST) - 18:45 GC Class 15 – 19:45 | 16 < CLASSES MOVED TO FRIDAY |
| 18 GC Class 16 – 20:00 | 19 GC Class – 11:00 GC Class 17 – 19:00 | 20 Class 18 - 19:30 | 21 GC Class 19 – 19:00 | 22 RD Class (FS) - 19:00 | 23 < CLASSES MOVED - BRADFORD CTC SEMINAR |
| 25 GC Class 20 – 20:00 | 26 GC Class – 11:00 GC Class 21 – 19:00 | 27 | 28 GC Class 22 – 19:00 | 29 | 30 RD Class (M) - 11:00 GC Class 23 – 12:00 |

Complete the Classes

Your aim is to complete each of the 23 Gracie Combatives lessons three times. Your instructor will mark which classes you have attended on your card. Stripe check marks are awarded for every class you attend (20 lessons per stripe).

Reflex Development Class

After you have completed each class one time you can attend RD classes. In these lessons you will start to sharpen every technique from each position (Mount, Guard, Side Mount and Standing). You will also begin challenging all of the moves in every possible combination at different levels of intensity with Fight Simulation Sparring. Please note: This class floats throughout the week to ensure everyone has access.

GC Belt Review

Once you have completed every class three times, your ability to execute the techniques is perfect and you can handle yourself under pressure during fight simulation - speak to your instructor about requesting a belt review class. If your instructor feels you meet the quality standard (and the Gracie University confirm this) you will advance to the Master Cycle. If not, you have detailed feedback on which areas you need to work on.

Online Learning at GracieUniversity.com

There is a huge difference between students who watch lessons and drills online and those who don't. Be sure to use this incredible resource regularly to prepare for upcoming lessons and review previous ones!