



# GRACIE COMBATIVES®

*The Fastest Way to Street Readiness. Guaranteed.*

## Gracie Combatives Calendar



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)

August 2009					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Class 15 - 11:30a  Class 3 - 8:30p	28 Class 16 - 12:30p Class 4 - 7:00p Philosophy - 8 p (Training Focus)	29 Class 17 - 11:30a  Class 5 - 8:30p Bring a Friend!	30 Class 18 - 12:30p  Class 6 - 7:00p	31 RD Class - 11:30a Standing Focus  RD Class - 6:30p	August 1 Class 7 - 10:30a Bring a Friend!
3 Class 19 - 11:30a  Class 8 - 8:30p	4 Class 20 - 11:30a Class 9 - 7:00p Philosophy - 8 p (Life Focus)	5 Class 21 - 11:30a  Class 10 - 8:30p Bring a Friend!	6 Class 22 - 11:30p  Class 11 - 7:00p	7 RD Class - 11:30a Side mount Focus  RD Class - 6:30p	8 Class 23 - 10:30a Bring a Friend!
10 Class 1 - 11:30a  Class 12 - 8:30p	11 Class 2 - 12:30p Class 13 - 7:00p Philosophy - 8 p (History Focus)	12 Class 3 - 11:30a  Class 14 - 8:30p Bring a Friend!	13 Class 4 - 12:30p  Class 15 - 7:00p	14 RD Class - 11:30a Freestyle Focus  RD Class - 6:30p	15 Class 12 - 10:30a Bring a Friend!
17 Class 5 - 11:30a  Class 16 - 8:30p	18 Class 6 - 12:30p Class 17 - 7:00p Philosophy - 8 p (Health Focus)	19 Class 7 - 11:30a  Class 18 - 8:30p Bring a Friend!	20 Class 8 - 12:30p  Class 19 - 7:00p	21 RD Class - 11:30a Mount Focus  RD Class - 6:30p	22 Class 20 - 10:30a Bring a Friend!
24 Class 9 - 11:30a  Class 21 - 8:30p	25 Class 10 - 11:30p Class 22 - 7:00p Philosophy - 8 p (Training Focus)	26 Class 11 - 11:30a  Class 23 - 8:30p Bring a Friend!	27 Class 12 - 12:30p  Class 1 - 7:00p	28 RD Class - 11:30a Guard Focus  RD Class - 6:30p	29 Class 13 - 10:30a Bring a Friend!

### 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 two times, 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.

**Web:** [www.GracieAcademy.com](http://www.GracieAcademy.com) **Address:** 3515 Artesia Blvd. Torrance, CA.90504