



Combatives/Master Cycle November 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 27 Closed	28 COM 13 @ 7am, 12, & 5 RDC/Standing @ 6pm	29 COM 14 @ 7, 12, & 5 Master Cycle 23 @ 6pm RDC/Standing @ 11am	30 COM 15 @ 7, 12, & 6 Master Cycle 23 @ 8am RDC/Mount @ 7pm	31 COM 16 @ 7, 12, & 6 RDC/Guard @ 7pm	Nov 1 COM 17 @ 7am, 12, & 5 Master Cycle 23 @ 6pm	2 COM 18 @ 11am Open Mat @ 12pm
3 Closed	4 COM 19 @ 7am, 12, & 5 RDC/Side Mount @ 6pm	5 COM 20 @ 7, 12, & 5 Master Cycle 24 @ 6pm RDC/Side Mount @ 11am	6 COM 21 @ 7, 12, & 6 Master Cycle 24 @ 8am RDC/Standing @ 7pm	7 COM 22 @ 7, 12, & 6 RDC/Mount @ 7pm	8 COM 23 @ 7am, 12, & 5 Master Cycle 24 @ 6pm	9 COM 1 @ 11am Open Mat @ 12pm
10 Closed	11 COM 2 @ 7am, 12, & 5 RDC/Guard @ 6pm	12 COM 3 @ 7, 12, & 5 Master Cycle 25 @ 6pm RDC/Guard @ 11am	13 COM 4 @ 7, 12, & 6 Master Cycle 25 @ 8am RDC/Side Mount @ 7pm	14 COM 5 @ 7, 12, & 6 RDC/Standing @ 7pm	15 COM 6 @ 7am, 12, & 5 Master Cycle 25 @ 6pm	16 COM 7 @ 11am Open Mat @ 12pm
17 Closed	18 COM 8 @ 7am, 12, & 5 RDC/Mount @ 6pm	19 COM 9 @ 7, 12, & 5 Master Cycle 26 @ 6pm RDC/Mount @ 11am	20 COM 10 @ 7, 12, & 6 Master Cycle 26 @ 8am RDC/Guard @ 7pm	21 COM 11 @ 7, 12, & 6 RDC/Side Mount @ 7pm	22 COM 12 @ 7am, 12, & 5 Master Cycle 26 @ 6pm	23 COM 13 @ 11am Open Mat @ 12pm
24 Closed	25 COM 14 @ 7am, 12, & 5 RDC/Standing @ 6pm	26 COM 15 @ 7, 12, & 5 Master Cycle 27 @ 6pm RDC/Standing @ 11am	27 COM 16 @ 7, 12, & 6 Master Cycle 27 @ 8am RDC/Mount @ 7pm	28 Closed	29 Closed	30 Closed

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.

Need a help logging in? Email (david@graciegoodlettsville.com)

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.



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

*Parenthesis indicate corresponding video lesson number on GracieUniversity.com