



Combatives/Master Cycle February 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26 Closed	27 COM 13 @ 7am, 12, & 5 Master Cycle 34 @ 6pm	28 COM 14 @ 7, 12, & 5 RDC/Mount @ 6pm	29 COM 15 @ 7, 12, & 6 Master Cycle 34 @ 8am & 7pm	30 COM 16 @ 7, 12, & 6 RDC/Guard @ 5pm	31 COM 17 @ 7am, 12, & 5 RDC/Guard @ 8am Master Cycle 34 @ 6pm	Feb 1 COM 18 @ 11am Open Mat @ 12pm
2 Closed	3 COM 19 @ 7am, 12, & 5 Master Cycle 35 @ 6pm	4 COM 20 @ 7, 12, & 5 RDC/Side Mount @ 6pm	5 COM 21 @ 7, 12, & 6 Master Cycle 35 @ 8am & 7pm	6 COM 22 @ 7, 12, & 6 RDC/Standing @ 5pm	7 COM 23 @ 7am, 12, & 5 RDC/Standing @ 8am Master Cycle 35 @ 6pm	8 COM 1 @ 11am Open Mat @ 12pm
9 Closed	10 COM 2 @ 7am, 12, & 5 Master Cycle 36 @ 6pm	11 COM 3 @ 7, 12, & 5 RDC/Free Style @ 6pm	12 COM 6 @ 7, 12, & 6 Master Cycle 36 @ 8am & 7pm	13 COM 5 @ 7, 12, & 6 RDC/Mount @ 5pm	14 COM 4 @ 7am, 12, & 5 RDC/Mount @ 8am Master Cycle 36 @ 6pm	15 COM 7 @ 11am Open Mat @ 12pm
16 Closed	17 COM 8 @ 7am, 12, & 5 Master Cycle 37 @ 6pm	18 COM 9 @ 7, 12, & 5 RDC/Guard @ 6pm	19 COM 10 @ 7, 12, & 6 Master Cycle 37 @ 8am & 7pm	20 COM 11 @ 7, 12, & 6 RDC/Side Mount @ 5pm	21 COM 12 @ 7am, 12, & 5 RDC/Side Mount @ 8am Master Cycle 37 @ 6pm	22 COM 13 @ 11am Open Mat @ 12pm
23 Closed	24 COM 14 @ 7am, 12, & 5 Master Cycle 38 @ 6pm	25 COM 15 @ 7, 12, & 5 RDC/Standing @ 6pm	26 COM 16 @ 7, 12, & 6 Master Cycle 38 @ 8am & 7pm	27 COM 17 @ 7, 12, & 6 RDC/Free Style @ 5pm	28 COM 18 @ 7am, 12, & 5 RDC/Free Style @ 8am Master Cycle 38 @ 6pm	Mar 1 COM 19 @ 11am Open Mat @ 12pm

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