



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