



Combatives/Master Cycle March 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mar 2</b> Closed	<b>3</b> COM 20 @ 7am, 12, & 5 Master Cycle 39 @ 6pm	<b>4</b> COM 21 @ 7, 12, & 5 RDC/Mount @ 6pm	<b>5</b> COM 22 @ 7, 12, & 6 Master Cycle 39 @ 8am & 7pm	<b>6</b> COM 23 @ 7, 12, & 6 RDC/Guard @ 5pm	<b>7</b> COM 1 @ 7am, 12, & 5 RDC/Guard @ 8am Master Cycle 39 @ 6pm	<b>8</b> COM 2 @ 11am Open Mat @ 12pm
<b>9</b> Closed	<b>10</b> COM 3 @ 7am, 12, & 5 Master Cycle 40 @ 6pm	<b>11</b> COM 4 @ 7, 12, & 5 RDC/Side Mount @ 6pm	<b>12</b> COM 5 @ 7, 12, & 6 Master Cycle 40 @ 8am & 7pm	<b>13</b> COM 6 @ 7, 12, & 6 RDC/Standing @ 5pm	<b>14</b> COM 7 @ 7am, 12, & 5 RDC/Standing @ 8am Master Cycle 40 @ 6pm	<b>15</b> COM 8 @ 11am Open Mat @ 12pm
<b>16</b> Closed	<b>17</b> COM 9 @ 7am, 12, & 5 Master Cycle 41 @ 6pm	<b>18</b> COM 10 @ 7, 12, & 5 RDC/Free Style @ 6pm	<b>19</b> COM 11 @ 7, 12, & 6 Master Cycle 41 @ 8am & 7pm	<b>20</b> COM 12 @ 7, 12, & 6 RDC/Mount @ 5pm	<b>21</b> COM 13 @ 7am, 12, & 5 RDC/Mount @ 8am Master Cycle 41 @ 6pm	<b>22</b> COM 14 @ 11am Open Mat @ 12pm
<b>23</b> Closed	<b>24</b> COM 15 @ 7am, 12, & 5 Master Cycle 42 @ 6pm	<b>25</b> COM 16 @ 7, 12, & 5 RDC/Guard @ 6pm	<b>26</b> COM 17 @ 7, 12, & 6 Master Cycle 42 @ 8am & 7pm	<b>27</b> COM 18 @ 7, 12, & 6 RDC/Side Mount @ 5pm	<b>28</b> COM 19 @ 7am, 12, & 5 RDC/Side Mount @ 8am Master Cycle 42 @ 6pm	<b>29</b> COM 20 @ 11am Open Mat @ 12pm
<b>30</b> Closed	<b>31</b> COM 21 @ 7am, 12, & 5 Master Cycle 43 @ 6pm	<b>Apr 1</b> COM 22 @ 7, 12, & 5 RDC/Standing @ 6pm	<b>2</b> COM 23 @ 7, 12, & 6 Master Cycle 43 @ 8am & 7pm	<b>3</b> COM 1 @ 7, 12, & 6 RDC/Free Style @ 5pm	<b>4</b> COM 2 @ 7am, 12, & 5 RDC/Free Style @ 8am Master Cycle 43 @ 6pm	<b>5</b> COM 3 @ 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](mailto: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	<b>Trap &amp; Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 6)	13	<b>Armbar – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)	14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)	15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)	16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)	17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)
6	<b>Armbar – Mount</b> (GU 9) Guillotine Defense (GU 32)	18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)	19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)	20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)	21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)	22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)	23	<b>Double Underhook Pass – Guard</b> (GU 36) Double Leg Takedown (Conservative) (GU 17)
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armbar (GU 34)		

\*Parenthesis indicate corresponding video lesson number on GracieUniversity.com