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)

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 11AM L15 7:30PM L5	3 7:30AM L16 7:15PM L6	4 11:00AM L17 6:15PM L7	5 7:30AM L18 6:15PM RD FREESTYLE	6 11AM RD MOUNT / L19 6PM L8	7 11AM L9	8
9 11AM L20 7:30PM L10	10 7:30AM L21 7:15PM L11	11 REMEMBERANCE DAY -SCHOOL IS CLOSED-	12 7:30AM L22 6:15PM RD MOUNT	13 11AM RD GUARD / L23 6PM L12	14 11AM L13	15
16 11AM L1 7:30PM L14	17 7:30AM L2 7:15PM L15	18 11:00AM L3 6:15PM L16	19 7:30AM L4 6:15PM RD GUARD	20 11AM RD SIDE MOUNT / L5 6PM L17	21 11AM L18	22
23 11AM L6 7:30PM L19	24 7:30AM L7 7:15PM L20	25 11:00AM L8 6:15PM L21	26 7:30AM L9 6:15PM RD SIDE MOUNT	27 11AM RD STANDING / L10 6PM L22	28 11AM L23	29
30 11AM L11 7:30PM L1						

KEEP TRACK OF LESSONS ON YOUR STUDENT CARD: https://northvanbjj.com/wp-content/uploads/4aGC-Card-3.jpg

During the times there are no LIVE sessions, feel free to study the other lessons at your own pace. Here is a handbook that will help you along: https://northvanbjj.com/wp-content/uploads/Gracie-Jiu-Jitsu-Combatives-Handbook.pdf

Street Readiness in 23 Lessons!
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 lessons 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! If you have trouble accessing your lessons online, please let us know.

White-Blue Belt Qualification Test
Once you complete each Gracie Combatives class three times and you perfect the 36 techniques in every possible combination, you can test for your White-Blue Belt. To watch a complete demo of the test, please visit the 'Testing Center' at GracieUniversity.com.