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)

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 7:30AM L16 6:15PM RD FREESTYLE	2 11AM RD MOUNT / L17 6PM L7	3 11AM L8	4
5 11AM L18 7:30PM L9	6 7:30AM L19 7:15PM L10	7 11:00AM L20 6:15PM L11	8 7:30AM L21 6:15PM RD MOUNT	9 11AM RD GUARD / L22 6PM L12	10 11AM L13	11
12 HAPPY THANKSGIVING - SCHOOL IS CLOSED -	13 7:30AM L23 7:15PM L14	14 11:00AM L1 6:15PM L15	15 7:30AM L2 6:15PM RD GUARD	16 11AM RD SIDE MOUNT / L3 6PM L16	17 11AM L17	18
19 11AM L5 7:30PM L18	20 7:30AM L6 7:15PM L19	21 11:00AM L7 6:15PM L20	22 7:30AM L8 6:15PM RD SIDE MOUNT	23 11AM RD STANDING / L9 6PM L21	24 11AM L22	25
26 11AM L10 7:30PM L23	27 7:30AM L11 7:15PM L1	28 11:00AM L12 6:15PM L2	29 7:30AM L13 6:15PM RD STANDING	30 11AM RD FREESTYLE / L14 6PM L3	31 11AM L4	

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.