



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)

GRACIE COMBATIVES®

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9am Women Empowered® Class 12 – 6:15p	30 Class 23 – 10:00a NO BEGINNERS REFLEX 7.45pm	31 6pm Women Empowered® 7.15 – COMP CLASS	1 FEBRUARY Class 13 – 7:45p	2 Class 1 – 10:00a Class 14 – 6:15p	3 9.30 Class 2 10.30 FREE MC BBS1 Drill 1 11am OPEN MAT
5 9am Women Empowered® Class 15 – 6:15p	6 Class 3 – 10:00a Class 16 – 7:45p	7 6pm Women Empowered® 7.15 – COMP CLASS	8 MC FIGHT SIM 7pm Class 17 – 7:45p	9 Class 4 – 10:00a Class 18 – 6:15p	10 9.30 Class 5 10.30 FREE MC BBS1 Drill 1 11am OPEN MAT
12 9am Women Empowered® Class 19 – 6:15p REFLEX 8pm	13 Class 6 – 10:00a Class 20 – 7:45p	14 6pm Women Empowered® 7.15 – COMP CLASS	15 Class 21 – 7:45p	16 Class 7 – 10:00a Class 22 – 6:15p	17 9.30 Class 8 10.30 FREE MC BBS1 Drill 1 11am OPEN MAT
19 9am Women Empowered® Class 23 – 6:15p	20 Class 9 – 10:00a Class 1 – 7:45p	21 6pm Women Empowered® 7.15 – COMP CLASS	22 MC FIGHT SIM 7pm Class 2 – 7:45p	23 Class 10 – 10:00a Class 3 – 6:15p	24 9.30 Class 11 10.30 FREE MC BBS1 Drill 1 11am OPEN MAT FREE WOMEN EMPOWERED SEMINAR 1PM-3.30PM
26 9am Women Empowered® Class 4 – 6:15p	27 Class 12 – 10:00a NO BEGINNERS REFLEX 7.45pm	28 6pm Women Empowered® 7.15 – COMP CLASS	1 MARCH Class 5 – 7:45p	2 Class 13 – 10:00a Class 6 – 6:15p	3 9.30 Class 14 10.30 FREE MC BBS1 Drill 1 11am OPEN MAT

Gracie Combatives®

Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. These 36 techniques were divided into 23 different classes (left) to make up the Gracie Combatives Course. All 23 classes can be completed in any order.

Reflex Development Class (RD Class)

A “Combatives Card” will be used to track your progress through the course and once you attend each lesson two times, you qualify to participate in the Reflex Development Classes where you will learn to execute all variations of the 36 techniques in every possible combination.

Combatives Belt

Once you complete each Gracie Combatives® class three times, and you perfect the 36 techniques in every possible combination you can test for your Combatives Belt. Please see Combatives Belt Qualification Requirements for details.

Web: www.Graciejiujitsu.co.za **Address:** Shop 5, Parklands Centre, Link Road, Parklands, Cape Town **Phone:** 0215567830

GRACIE COMBATIVES®

The Fastest Way to Street Readiness. Guaranteed.™

