



# GRACIE COMBATIVES®



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)

MAY 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Class 13 – 6:15p REFLEX (STANDING) 7pm-7.30pm	1 MAY  CLOSED PUBLIC HOLIDAY	2  7.15 –COMP CLASS	3  Class 14 -7:45p	4 Class 13 – 10:00a  Class 15 – 6:15p	5 9.30 Class 14 10.30 FREE MC BBS1Drill2 11am OPEN MAT
7 Class 16 – 6:15p REFLEX (MOUNT) 7pm-7.30pm	8 Class 15 –10:00a  Class 17 -7:45p	9  7.15 –COMP CLASS	10  MC FIGHT SIM 7pm Class 18 -7:45p	11 Class 16 – 10:00a  Class 19 – 6:15p	12 9.30 Class 17 10.30 FREE MC BBS1Drill2 11am OPEN MAT
14 Class 20 – 6:15p REFLEX (GUARD) 7pm-7.30pm	15 Class 18 –10:00a  Class 21 -7:45p	16  7.15 –COMP CLASS	17  Class 22 -7:45p	18 Class 19 – 10:00a  Class 23 – 6:15p	19 9.30 Class 20 10.30 FREE MC BBS1Drill2 11am OPEN MAT
21 Class 1 – 6:15p REFLEX (SIDE) 7pm-7.30pm	22 Class 21 –10:00a MC FIGHT SIM 7pm Class 2 -7:45p	23  7.15 –COMP CLASS	24  Class 3 -7:45p	25 Class 22 – 10:00a  Class 4 – 6:15p	26 9.30 Class 23 10.30 FREE MC BBS1Drill2 11am OPEN MAT
28 Class 5 – 6:15p REFLEX (STANDING) 7pm-7.30pm	29 Class 1 –10:00a  Class 6 -7:45p	30  7.15 –COMP CLASS	31  Class 7 -7:45p	1 JUNE Class 2 – 10:00a  Class 8 – 6:15p	2 9.30 Class 3 10.30 FREE MC BBS1Drill2 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.™*

