



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)

JULY 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 2 – 6:15p REFLEX (MOUNT) 7pm-7.30pm	3 Class 16 –10:00a Class 3 –7:45p	4 7.15-8.30PM MOVEMENT & MOBILITY CLASS	5 Class 4 –7:45p	6 Class 17 – 10:00a Class 5 – 6:15p	7 9.30 Class 18 10.30 FREE MC BBS1Drill2 11am OPEN MAT
9 Class 19 –10:00a Class 6 – 6:15p REFLEX (GUARD) 7pm-7.30pm	10 9-11am KIDS HOLIDAY CAMP Class 7 –7:45p	11 9-11am KIDS HOLIDAY CAMP 7.15-8.30PM MOVEMENT & MOBILITY CLASS	12 9-11am KIDS HOLIDAY CAMP MC FIGHT SIM 7pm Class 8 –7:45p	13 Class 20 – 10:00a Class 9 – 6:15p	14 9.30 Class 21 10.30 FREE MC BBS1Drill2 11am OPEN MAT 1-3.30pm FREE Women Empowered seminar
16 Class 10 – 6:15p REFLEX (SIDEMOUNT) 7pm-7.30pm	17 Class 22 –10:00a Class 11 –7:45p	18 7.15-8.30PM MOVEMENT & MOBILITY CLASS	19 Class 12 –7:45p	20 Class 23 – 10:00a Class 13 – 6:15p	21 9.30 Class 1 10.30 FREE MC BBS1Drill2 11am OPEN MAT 12.30-3pm Extreme Armbars Seminar
23 Class 14 – 6:15p REFLEX (STANDING) 7pm-7.30pm	24 Class 2 –10:00a MC FIGHT SIM 7pm Class 15 –7:45p	25 7.15-8.30PM MOVEMENT & MOBILITY CLASS	26 Class 16 –7:45p	27 Class 3 – 10:00a Class 17 – 6:15p	28 9.30 Class 4 10.30 FREE MC BBS1Drill2 11am OPEN MAT 12.30-2pm Gracie Games Day
30 Class 18 – 6:15p REFLEX (MOUNT) 7pm-7.30pm	31 Class 5 –10:00a Class 19 –7:45p	1 AUGUST 7.15-8.30PM MOVEMENT & MOBILITY CLASS	2 Class 20 –7:45p	3 Class 6 – 10:00a Class 21 – 6:15p	4 9.30 Class 7 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.™

