

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
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



GRACIE COMBATIVES®

DECEMBER 2018/JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 6.15-7pm Class 15 7-7.30pm RAPID REVIEW - GUARD	27 10-11am Class 9 7.45-8.45pm Class 16	28 7.15-8.30pm MOVEMENT, MOBILITY & NO GI ROLLING	29 7.45-8.45pm Class 17	30 10-11am Class 10 6.15-7.15pm Class 18	01-Dec 12-1pm ROLLING 1pm YEAR-END SOCIAL
3 6.15-7pm Class 19 7-7.30pm REFLEX DEVELOPMENT	4 10-11am Class 11 7.45-8.45pm Class 20	5 7.15-8.30pm MOVEMENT, MOBILITY & NO GI ROLLING	6 7.45-8.45pm Class 21	7 10-11am Class 12 6.15-7.15pm Class 22	8 9.30-10.30am Class 13
10 6.15-7pm Class 23 7-7.30pm RAPID REVIEW - SIDE MOUNT	11 10-11am Class 14 7.45-8.45pm Class 1	12 7.15-8.30pm MOVEMENT, MOBILITY & NO GI ROLLING	13 7.45-8.45pm Class 2	14 10-11am Class 15 6.15-7.15pm Class 3	15 9.30-10.30am Class 16
ACADEMY CLOSED FROM 16 DECEMBER OPENING AGAIN 7 JANUARY 2019 - WISHING YOU ALL A SAFE AND HAPPY HOLIDAY					
07-Jan 6.15-7pm Class 4 7-7.30pm REFLEX DEVELOPMENT	8 10-11am Class 17 7.45-8.45pm Class 5	9 7.15-8.30pm MOVEMENT, MOBILITY & NO GI ROLLING	10 7.45-8.45pm Class 6	11 10-11am Class 18 6.15-7.15pm Class 7	12 10am-11am Class 19
14 6.15-7pm Class 8 7-7.30pm RAPID REVIEW - STANDING	15 10-11am Class 20 7.45-8.45pm Class 9	16 7.15-8.30pm MOVEMENT, MOBILITY & NO GI ROLLING	17 7.45-8.45pm Class 10	18 10-11am Class 21 6.15-7.15pm Class 11	19 10am-11am Class 22 1-3.30pm FREE WOMEN EMPOWERED SEMINAR

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.

www.GracieJiuJitsu.co.za | Shop 5, Parklands Mall, Link Road, Parklands | (021) 556-7830 | email: admin@graciejiujitsu.co.za