

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®

## DECEMBER 2018/JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 6.15-7pm <b>Class 15</b> 7-7.30pm <b>RAPID REVIEW - GUARD</b>	27 10-11am <b>Class 9</b> 7.45-8.45pm <b>Class 16</b>	28 7.15-8.30pm <b>MOVEMENT, MOBILITY &amp; NO GI ROLLING</b>	29 7.45-8.45pm <b>Class 17</b>	30 10-11am <b>Class 10</b> 6.15-7.15pm <b>Class 18</b>	1-Dec <b>9.30-11am BLACK BELT CLUB SEMINAR</b> <b>12-1pm ROLLING</b> <b>1pm YEAR-END SOCIAL</b>
3 6.15-7pm <b>Class 19</b> 7-7.30pm <b>REFLEX DEVELOPMENT</b>	4 10-11am <b>Class 11</b> 7.45-8.45pm <b>Class 20</b>	5 7.15-8.30pm <b>MOVEMENT, MOBILITY &amp; NO GI ROLLING</b>	6 7.45-8.45pm <b>Class 21</b>	7 10-11am <b>Class 12</b> 6.15-7.15pm <b>Class 22</b>	8 9.30-10.30am <b>Class 13</b>
10 6.15-7pm <b>Class 23</b> 7-7.30pm <b>RAPID REVIEW - SIDE MOUNT</b>	11 10-11am <b>Class 14</b> 7.45-8.45pm <b>Class 1</b>	12 7.15-8.30pm <b>MOVEMENT, MOBILITY &amp; NO GI ROLLING</b>	13 7.45-8.45pm <b>Class 2</b>	14 10-11am <b>Class 15</b> 6.15-7.15pm <b>Class 3</b>	15 9.30-10.30am <b>Class 16</b> <b>1-3pm THE SCIENCE OF STRENGTH SEMINAR</b>
17 <b>CLOSED PUBLIC HOLIDAY</b>	18 10-11am <b>Class 17</b> 7.45-8.45pm <b>Class 4</b>	19 7.15-8.30pm <b>MOVEMENT, MOBILITY &amp; NO GI ROLLING</b>	20 7.45-8.45pm <b>Class 5</b>	21 10-11am <b>Class 18</b> 6.15-7.15pm <b>Class 6</b>	22 9.30-10.30am <b>Class 19</b> <b>ACADEMY CLOSING FOR 2 WEEKS AFTER OPEN MAT</b>
<b>ACADEMY CLOSED FROM 24 DECEMBER OPENING AGAIN 7 JANUARY 2019 - WISHING YOU ALL A SAFE AND HAPPY HOLIDAY</b>					
7-Jan 6.15-7pm <b>Class 7</b> 7-7.30pm <b>REFLEX DEVELOPMENT</b>	8 10-11am <b>Class 20</b> 7.45-8.45pm <b>Class 8</b>	9 7.15-8.30pm <b>MOVEMENT, MOBILITY &amp; NO GI ROLLING</b>	10 7.45-8.45pm <b>Class 9</b>	11 10-11am <b>Class 21</b> 6.15-7.15pm <b>Class 10</b>	12 9.30-10.30am <b>Class 22</b>

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