



The Fastest Way to Street Readiness. Guaranteed.™

In the late 1920's, Grand Master Helio Gracie created Gracie or Brazilian Jiu-Jitsu after he realized that he was physically too frail to utilize the traditional Japanese techniques. Proven over the last 80 years to be the most reliable system for a smaller person to defeat a larger, more athletic opponent, the techniques of Gracie Jiu-Jitsu are based on precise timing and effective use of leverage so that virtually anyone can do them, man or woman, regardless of size or athletic ability. Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that **36 techniques have been used more often and with greater success than all the other techniques combined.** Originally developed for the U.S. Army, Gracie Combatives is the only course that entirely dedicated to the mastery of these 36 essential techniques.

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)

Step 1: Learn the Techniques

The 36 Gracie Combatives techniques have been strategically divided into 23 one-hour classes so that you can complete the course at your own pace. Each lesson was strategically designed so that **no previous experience is required to participate** in any one of them. As a result, you can complete them in any order. Upon enrolling, you will be issued a *Gracie Combatives Card* on which all your progress will be tracked and each month you will receive a *Gracie Combatives Calendar* that depicts which techniques will be taught on each day throughout the entire month.

Step 2: Develop Your Reflexes

Once you complete each of the 23 Gracie Combatives lessons two times, you will qualify to participate in the Reflex Development (RD) classes. In these classes you will learn how to execute the 36 techniques in the combinations and sequences that are most likely to occur in a real fight.

Step 3: Earn Your Blue Belt

Once you complete each of the Gracie Combatives lesson a third time and you develop your reflexes in the execution of all 36 techniques individually and in every possible combination, you will qualify to be tested for promotion to blue belt. (See *Blue Belt Qualification Requirements* for details).

Contact the Gracie Jiu-Jitsu Winnipeg to Get Started Today!

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