



GRACIE COMBATIVES

Official Program Outline & Belt Qualification Card

GRACIE COMBATIVES		GRACIE COMBATIVES		Retlex Development (RD) Classes					
Class Number / Attendance Verification / Techniques		Class Number / Attendance Verification / Techniques		Stripe 1	Stripe 2	Stripe 3	Stripe 4	Complete each Gracie Combatives class two times to qualify for RD Classes.	
1	Trap and Roll Escape – Mount 1 Leg Hook Takedown 6	12	Headlock Escape 1 – Side Mount Standing Armlock					1	
2	Americana Armlock – Mount 2 Clinch (Aggressive Opponent) 7	13	Straight Armlock – Guard 19 Clinch (Aggressive Opponent) 7					2	
3	Positional Control – Mount 3 Body Fold Takedown 14	14	Double Ankle Sweep – Guard 20 Guillotine Choke (Guard Pull) 23					3	
4	Take the Back + R.N.C. – Mount 4+5 Clinch (Conservative Opponent) 15	15	Headlock Escape 2 – Side Mount 22 Clinch (Conservative Opponent) 15					4	8-Month Consideration
5	Punch Block Series (1-4) – Guard 8 Guillotine Choke (Standing) 23	16	Shrimp Escape – Side Mount 24 Body Fold Takedown 14					5	
6	Straight Armlock – Mount 9 Guillotine Defense 32	17	Kimura Armlock – Guard 25 Leg Hook Takedown 6					6	
7	Triangle Choke – Guard 10 Haymaker Punch Defense 30	18	Punch Block Series (5) – Guard 27 Haymaker Punch Defense 30					7	
8	Elevator Sweep – Guard 11 Rear Takedown 29	19	Hook Sweep – Guard 28 Guillotine Defense 32					8	
9	Elbow Escape – Mount 12 Pull Guard 21	20	Take the Back – Guard 31 Standing Headlock Defense 26					9	
10	Positional Control – Side Mount 13 Double Leg Takedown (Aggressive) 17	21	Elbow Escape – Side Mount 33 Pull Guard 21					10	Training Start Date
11	Headlock Counters – Mount 16 Standing Headlock Defense 26	22	Twisting Arm Control – Mount 35 Rear Takedown 29					11	
		23	Double Underhook Pass – Guard 36 Double Leg Takedown (Conservative) 17					12	