

STUDENT: _____



Central Oahu Jiu-Jitsu Academy

Gracie Combatives
At-Home Training Tracker

Gracie Combatives®				12			Headlock Escape 1 – Side Mount 18 Standing Armlock 34	1 st Stripe	2 nd Stripe	3 rd Stripe	4 th Stripe	Reflex Development (RD) Class – Attendance Verification Complete each Gracie Combatives Class two times to qualify for RD Classes.	1	Combinatives Belt Qualification Date		
Class Number / Attendance Verification / Technique Names																
1			Trap and Roll Escape – Mount 1 Leg Hook Takedown 6	13			Straight Armlock – Guard 19 Clinch (Aggressive Opponent) 7								2	
2			Americana Armlock – Mount 2 Clinch (Aggressive Opponent) 7	14			Double Ankle Sweep – Guard 20 Guillotine Choke (Guard Pull) 23								3	
3			Positional Control – Mount 3 Body Fold Takedown 14	15			Headlock Escape 2 – Side Mount 22 Clinch (Conservative Opponent) 15								4	
4			Take the Back + R.N.C. – Mount 4+5 Clinch (Conservative Opponent) 15	16			Shrimp Escape – Side Mount 24 Body Fold Takedown 14								5	
5			Punch Block Series (1-4) – Guard 8 Guillotine Choke (Standing) 23	17			Kimura Armlock – Guard 25 Leg Hook Takedown 6								6	
6			Straight Armlock – Mount 9 Guillotine Defense 32	18			Punch Block Series (5) – Guard 27 Haymaker Punch Defense 30								7	
7			Triangle Choke – Guard 10 Haymaker Punch Defense 30	19			Hook Sweep – Guard 28 Guillotine Defense 32								8	
8			Elevator Sweep – Guard 11 Rear Takedown 29	20			Take the Back – Guard 31 Standing Headlock Defense 26								9	
9			Elbow Escape – Mount 12 Pull Guard 21	21			Elbow Escape – Side Mount 33 Pull Guard 21								10	
10			Positional Control – Side Mount 13 Double Leg Takedown (Aggressive) 17	22			Twisting Arm Control – Mount 35 Rear Takedown 29								11	
11			Headlock Counters – Mount 16 Standing Headlock Defense 26	23			Double Underhook Pass – Guard 36 Double Leg Takedown (Conservative) 17					12				

Red Numbers Correlate to the GU Lesson Number

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