

Fundamentals

No.	Standing Technique	GU* Lesson	Ground Technique	GU* Lesson
1	Leg Hook Takedown	6	Trap and Roll Escape	1
2	Body Fold Takedown	14	Americana	2
3	Clinch against Aggressive Opponent	7	Positional Control from Mount	3
4	Clinch against Conservative Opponent	15	Taking the Back and Rear Naked Choke	4, 5
5	Guillotine Choke Standing	23	Punch Block Series 1-4	8
6	Guillotine Choke Defense	32	Straight Armlock from Mount	9
7	Haymaker Punch Defense	30	Triangle Choke	10
8	Basic Striking: Jab, Cross, Hooks	**	Elevator Sweep	11
9	Striking Techniques – Power Slap, Elbow Strike, Hand Chop	BB4 47	Elbow Escape (Mount)	12
10	Striking Techniques – Knee Strike, Side Kick	BB4 47	Positional Control from Side	13
11	Standing Headlock Defense	26	Headlock Counters	16
12	Standing Armlock	34	Headlock Escape 1 from Side	18
13	Pisão Front Kick	BB1 58	Straight Armlock from Guard	19
14	Pulling Guard	21	Double Ankle Sweep	20
15	Guillotine Choke from Pulling Guard	23	Headlock Escape 2 from Side	22
16	Body Fold and Leg Hook Takedowns (repetition)	6, 14	Shrimp Escape from Side	24
17	Haymaker Punch Defense (repetition)	30	Kimura	25
18	Straight Foot Lock	BB1 42	Punch Block Series 5	27
19	Straight Foot Lock Defense	BB1 43	Hook Sweep	28
20	Standing Headlock Defense (repetition)	26	Taking the Back from Guard	31
21	Rear Takedown	29	Elbow Escape (Side Mount)	33
22	Double Leg Takedown against Aggressive Opponent	17	Twisting Arm Control from Mount	35
23	Double Leg Takedown against Conservative Opponent	17	Double Underhook Guard Pass	36

* GU = Gracie University – Combatives
 BB1 = Gracie University – Master Cycle, Blue Belt, Stripe 1
 BB4 = Gracie University – Master Cycle, Blue Belt, Stripe 4
www.gracieuniversity.com

** Basic introduction to boxing: sneakpunch.com
<https://www.youtube.com/playlist?list=PL91748CB7E4E1EB76>