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Gracie combatives pdf

Gracie Combatives is our beginners' programme for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu in a fun, safe and cooperative environment. Every one-hour lesson addresses one standing and one ground self-defense technique. You can start the program at any time and participate in any class without prior experience and, since safety is our number one concern, there is no competitive savings in this program. After successfully completing the Gracie Combatives program we will promote you to Gracie Jiu-Jitsu Combatives Blue/White Belt and you will qualify for advances to the Master Cycle program. If you're unsure about trying martial arts training for fear of injury, embarrassment, or any other reason, then the Gracie Combatives program is for you. Scroll down to learn more about Gracie Combatives. Although Gracie Jiu-Jitsu consists of more than 600 techniques, studies of real-world combat conducted by members of the Gracie family showed that 36 techniques were 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 entirely dedicated to mastering these 36 essential techniques. You need absolutely no experience to start this program. Our instructors do all classes in a cooperative training environment and are committed to ensuring that each new student has an informative, enjoyable experience regardless of age, gender or athletic ability. Step 1: Learn the techniques We have divided the 36 Gracie Combatives techniques into 23 one-hour classes so that you can complete the course at your own pace. We designed every lesson so you can start at any point in the course. As a result, you can complete the 23 lessons in any order. Upon entry, we'll reach out to you a Gracie Combatives attendance map on which we'll track your progress every step of the way. Step 2: Develop your reflexes Once you complete each of the 23 Gracie Combatives lessons twice, you will qualify to participate in the Reflex Development (RD) Classes where you will learn how to combine the 36 techniques to address the most common occurrences in a real fight. Step 3: Earn your combative belt Once you complete each of the Gracie Combatives lessons three times, and you've at least completed 12 Reflex Development Classes, you're eligible to test for promotion to a Gracie Combatives Belt! We will administer a 25-minute test to assess your ability to perform the 36 essential techniques individually and in combination. If your performance meets Gracie University standards, you will qualify for promotion to the Gracie Combatives Belt and you will be allowed to attend our advanced Gracie Jiu-Jitsu program, the Master Cycle. At entry in the Gracie Combatives program at any Certified Training Center, you will have a subscription to GracieUniversity.com. Through this interactive website, you can access detailed video instruction about each technique in the course that allows you to study the lessons on any computer or mobile device 24 hours a day! Furthermore, all active students at a Certified Training Centre qualify to train at any other Gracie Certified Training Center around the world. Since the curriculum is the same at all certified training centres, you will receive credit for each lesson on your Gracie Combatives attendance card when you return home! Lesson 1 Detailed Instructional Videos: Cut 1: Standard Trap and Roll Escape – Now Watch Cut 2: Punch Block Variation – Now Watch Cut 3: Headlock Variation – Now Watch Cut 4: Open Guard Pass (Street) – Watch Now Reflex Development Drill – Watch Now Mindset Minute – Now Look To Limit The Spread of Coronavirus , we temporarily suspend all group classes. Updates on when classes will resume will be posted here and on our Facebook page once they are available. Following the state's recommendation to limit close physical contact to reduce the spread of Coronavirus (COVID-19), we are temporarily suspending all group classes. Updates on when classes will resume will be posted here and on our Facebook page once they are available. Click here to learn about our Teaching Continuation Programme and how you can earn class credit for training at home. Homesiteadmin2020-12-29T07:58:27-07:00 Gracie Combativessiteadmin2020-12-29T11:32:36-07:00 Gracie Combatives is our beginners program for adults. In this program, you will learn the 36 core techniques of Gracie Jiu-Jitsu in a fun, safe and cooperative environment. Every one-hour lesson addresses one standing and one ground self-defense technique. You can start the app at any time and participate in any class without prior experience. After successfully completing the Gracie Combatives program, you will qualify for advances to the Master Cycle, our advanced Gracie Jiu-Jitsu program. If you're unsure about trying martial arts training for fear of injury, embarrassment, or any other reason, then the Gracie Combatives program is for you. Scroll down to learn more about our Gracie Combatives program. 36 Essential Techniques Although Gracie Jiu-Jitsu consists of more than 600 techniques, studies of real-world combat conducted by members of the Gracie Family have shown that 36 techniques have been used more often and combined with greater success than all the other techniques. Originally developed for the U.S. Army, Gracie Combatives is the only course entirely dedicated to mastering these 36 essential techniques. You need absolutely no experience to start program. Our instructors do all classes in a cooperative training environment training environment is committed to ensuring that each new student has an informative, enjoyable experience, regardless of age, gender or athletic ability. Damian Maia vs. Carlos Condit Rener Gracie Spars with 275 lb. NFL Athlete The First 'Twister' in the UFC The course Although Gracie Jiu-Jitsu consists of more than 600 techniques, studies of the fighting set by members of the Gracie Family show that 36 techniques were used more often, and with greater success, than all the other techniques Originally used , Gracie Combatives is the only course entirely dedicated to mastering these 36 essential techniques. Until now, this course has been taught exclusively at a small network of Gracie Jiu-Jitsu certified training centers, but now, for the first time ever, the full Gracie Combatives course is available on DVD and can be taught from the comfort of your own home! Sample Clips from Disc 1 Gracie Combinations Intro Class Lesson 1: Trap and Roll Escape: Cut 1 Lesson 1: Trap and Roll Escape: Cut 2 Lesson 1: Trap and Roll Escape: Cut 3 Lesson 1: Trap and Roll Escape: Cut 4 Lesson 1: Trap and Roll Escape: Reflex Development Drill Lesson 1: Trap and Roll Escape: Mindset Minute The goal That makes the Gracie Combatives collection so unique is that it's the only instructional DVD series ever produced with the only goal of taking the viewer - regardless of their age, gender or athletic ability - from no knowledge to street ready without ever footing in a school of martial arts. Every other instructional video series to date is designed to give viewers additional techniques and tips for getting the training they received at an actual school of martial arts, while the entire Gracie Combatives series was produced under the assumption that the viewer had absolutely no prior experience and for some reason never had the privilege of learning from a Certified Gracie Jiu-Jitsu. Dynamic Reflex Development That separates Gracie combinations from other martial arts teaching DVDs is a revolutionary teaching system called Dynamic Reflex Development. Although there are thousands of martial arts instructional DVDs that show the viewers how to do various techniques, until now there has never been an instructional series that gives the viewers the exact system they need to follow to develop their reflexes in performing all the techniques in combination with each other. Using the Dynamic Reflex Development Education System, you will be introduced to Gracie Jiu-Jitsu in the same way that young children are introduced to a language; first, they learn the letters, then they learn how to make words, and then, finally, they can make sentences and paragraphs on their own. In every Gracie Combatives lesson, the new technique was first presented to you in form of simplified drills, or Technical Slices. Then it is combined with one other technique in a Reflex Development Drill. Finally, at the end of each lesson, you'll learn how to perform the newly learned technique in the context of a real fight by coming in with several other techniques in a Fighting Simulation Drill. The effectiveness of the techniques and the revolutionary teaching system used to design each lesson is what makes it possible for any student to go from no knowledge to street-ready in the absolute least amount of time possible! The Gracie Combatives Belt Qualification Test Gracie Combatives is the most comprehensive instructional series ever produced by the Gracie Family. Made up of 13 DVDs and more than 18 hours of teaching, this collection features every detail of each technique to be mastered before one is considered for Gracie Combatives belt. On the 13th DVD of the collection you will find a full demonstration of the Gracie Combatives Belt Qualification Test that one must pass to qualify for a promotion. If after a few months of dedicated practice you become extremely proficient in the execution of the five Gracie Combatives Belt Qualification Drills (GCBQDs), you are invited to test for promotion at any Certified Gracie Jiu-Jitsu Training Center. If you don't live near an accredited school, you can also test for promotion using the revolutionary Gracie Video Evaluation Process. Through this process, you will digitally record your performance of the five Gracie Combatives Belt Qualification Test), the 65-page Gracie Combatives Belt Qualification Handbook, and the poster-size 24 x36 Gracie Combatives Flowchart. The DVD aspect ratio is 4:3. This DVD is regionally free (NTSC) and is formatted to play for free DVD player on any region. Testimonial of the Week: Guys, I just wanted to extend my appreciation for the great work you did with the Gracie Combatives DVD show. When my set was delivered, I was immediately impressed by the packaging, the artwork on the box, cases and discs, the extras like the textbook (the note taking space is a godsend!), the poster (I framed it and hung on my wall) and the production quality of the videos. The instructional format is excellent and the quality of the lessons we get from you is nothing short of incredible. Your Dad (and Big Father) should be proud. It was a professional job, of course, and not some sloppy rushed to market a bunch of junk. All this for a price that sometimes proves things that can be good true. For what little it costs, I can't believe what I have here. I love my training among the Gracie brothers. Bravo again, men! Eddie Cramer (age 40) Essex, Maryland Gracie Combatives Purchasing Options: 1) Gracie Combatives Standard DVD Package The Standard Gracie Combatives DVD Package includes 13 DVDs (each with the approached running time of 90 minutes, except for the 13th DVD that tests the Gracie Combatives Belt Qualification), the 65-page Gracie Combatives Belt Qualification Handbook, and the poster-size 24 x36 Gracie Combatives Flowchart. 2) Gracie Combatives Elite Access Package With the Gracie Combatives Elite Access Package, you get the Standard DVD but you also get unlimited access to the full Gracie Combatives curriculum online at a price 50% cheaper than you would pay if you bought the online course separately or at a later date. With your purchase of the online Gracie Combatives curriculum, you can not only watch your lessons on any computer, but you can keep training 24/7 as all your lessons can also be viewed from any smartphone or tablet! In addition, with Elite Access you will receive exclusive access to tons of interactive features such as chat rooms with fellow practitioners, technique forums moderated by official Gracie Jiu-Jitsu certified instructors, and you'll get access to detailed lesson prints that don't come with DVD collection. Online access will be especially useful when travelling without your DVDs. If you purchase the Gracie Combatives Elite Access Package, we'll drop your DVD box in the mail immediately, and we'll manually unlock the online Gracie Combatives course within one business day after you place your order so you can get started right away. In order to give us online access, however, you already need to profile a Gracie University student. If you don't, please www.GracieUniversity.com after completing this transaction and created a free student profile. This will take only a minute, and it will enable us to unlock the course in your online learning library. If you do not create this Gracie University student profile, we cannot grant you access to your online lessons. 3) Gracie Combatives Online Add-on If you bought the Gracie Combatives DVD collection before the Elite Access Package was available, but you'd like to access the online Gracie Combatives course, you have the opportunity to pay the difference (\$72+s/h) and receive complete Gracie Combatives online access through GracieUniversity.com. If you make this purchase, we must verify that you already have the full Gracie Combatives DVD curriculum before processing your Online Add-on request (Note: the Gracie Combatives Online add-on option only applies to previous Gracie Combatives DVD set purchases within GracieLifestyle.com. Any Gracie Combatives DVD purchases from any other sites do not qualify). 4) Gracie Combatives DVD Add-on If you bought the Gracie Combatives online curriculum before the Elite Access Package was available, but you'd like to own the program on DVD, you have the opportunity to pay the difference (\$47.85+s/h) and receive the full Gracie Combatives DVD collection. If you make this purchase, we need to verify that you have already purchased the full Gracie Combatives online curriculum before processing your DVD add-on request. Please select a Gracie Combatives purchase option from the drop-down, and then click ADD TO CART to proceed to checkout. Completion.

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