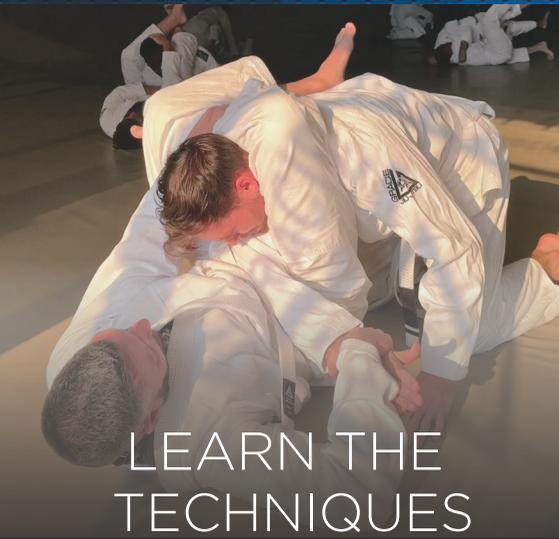




GRACIE COMBATIVES®

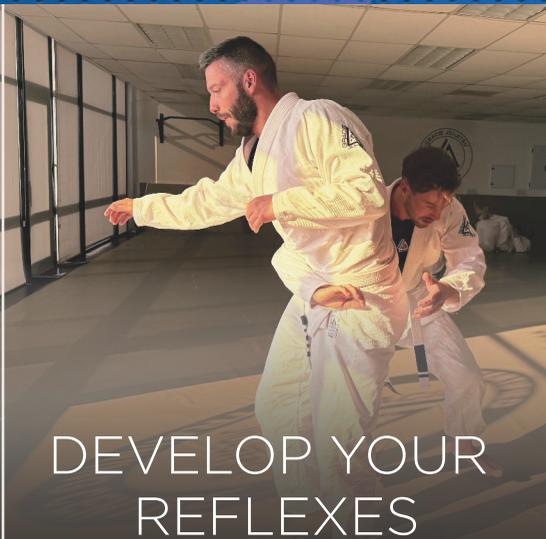
THE FASTEST WAY TO STREET READINESS

Based on the 36 most effective techniques of Gracie Jiu-Jitsu, Gracie Combatives prepares any student for the eventualities of a real street fight in the least amount of time possible. Regardless of age, gender, or athletic ability, this program is perfect for you!



LEARN THE TECHNIQUES

The 36 Gracie Combatives techniques have been divided into 23 one-hour classes and were specifically designed so that no previous experience is required. As a result, you can complete the 23 classes in any order! Meaning you can show up to any class and learn.



DEVELOP YOUR REFLEXES

Once you complete each of the 23 classes twice, you will qualify to participate in the Reflex Development (RD) classes. This is where you will learn how to execute the 36 techniques in the most likely street fight combinations.



EARN YOUR BELT

Once you have at least eight months of experience and you've perfected all the techniques, individually and in combination, you are eligible to be tested for your Gracie Combatives belt. Upon earning your Gracie Combatives belt, you will be ready to start participating in Master Cycle classes to continue your jiu-jitsu journey.

10-Day Free Trial

To make sure this program is perfect for you, we invite you to take advantage of our 10-day free trial! You'll receive 10 days of unlimited access to our beginner program, and all you have to do is come to class! Speak to a front desk representative to start your 10-day trial today!

Online Access & Satellite Training

As an active student, you will receive a free subscription to GracieUniversity.com, so you can access your techniques 24/7. Additionally, you can train for free at any Certified Training Center worldwide!

Membership Levels

	Basic	Premium	Elite
Monthly Training Days	8	Unlimited	Unlimited
Online Lesson Access	Yes	Yes	Yes
Free Visits to other CTCs	Yes	Yes	Yes
Promotion Fees Included			Yes
Gracie Gear Discount			10%
Free Private Lessons per year			2
	R890 monthly	R1050 monthly	R1250 monthly



Contact us to get started today!

081 400 1130 www.GracieJiuJitsu.co.za Delphi Arch Building, 12 Raats Drive, Table View