

AUGUST 2024 SCHEDULE

Trap and Roll Escape – Mount (GU 1) Leg Hook Takedown (GU 6) Residual Control – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1 - 4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 18) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 7) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 4) Kimura Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 27) Haymaker Punch Defense (GU 30) Take the Back – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 36) Double Underhook Pass – Guard (GU 36) Double Leg Takedown (GO 50)	02 ()	W Franklist and a second				
Leg Hook Takedown (GU 6) Americana Armiock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) Positional Control - Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armiock - Mount (GU 9) Guillotine Defense (GU 32) Tiriangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armiock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armiock - Guard (GU 25) Leg Hook Takedown (GU 3) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	23 Classes	36 Essential Techniques				
Leg Hook Takedown (GU 6) Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) Positional Control - Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 2?) Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 18) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 23) Headlock Escape 2 - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 16) Shrimp Escape - Side Mount (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 29) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 29) Take the Back - Guard (GU 29) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 29) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 29) Double Underhook Pass - Guard (GU 35) Rear Takedown (GU 29)	1	Trap and Roll Escape – Mount (GU 1)				
Clinch (Aggressive Opponent) (GU 7) Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Tiriangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 16) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Leg Hook Takedown (GU 6)				
Clinch (Aggressive Opponent) (GU 7) Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 7) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 6) 18 Haymaker Punch Defense (GU 26) Leg Hook Takedown (GU 6) 19 Cinch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Take the Back – Guard (GU 29) Standing Headlock Defense (GU 36) Elbow Escape – Side Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 35)	2	Americana Armlock - Mount (GU 2)				
Body Fold Takedown (GU 14) Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 3) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)		Clinch (Aggressive Opponent) (GU 7)				
Body Fold Takedown (GU 14) Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Pull Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 23) Headlock Escape 2 - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 27) Hook Sweep - Guard (GU 28) Guillotine Offense (GU 29) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 29) Punch Block Series (GU 22) Twisting Arm Control - Mount (GU 33) Pull Guard (GU 27) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	3	Positional Control – Mount (GU 3)				
Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Tidnagle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 18) Rear (GU 28) Guillotine Choke (Guard (GU 28) Guillotine Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 29) Punch Block Series (5) – Guard (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Body Fold Takedown (GU 14)				
Clinch (Conservative Opponent) (GU 15) Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Poll Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 3) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	4	` '				
Guillotine Choke (Standing) (GU 23) Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Standing Headlock Defense (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)						
Guillotine Choke (Standing) (GU 23) Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Headlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 23) Headlock Escape 2 – Side Mount (GU 24) Guillotine Choke (Guard Pull) (GU 24) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 23) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	5	* * * * * * * * * * * * * * * * * * * *				
Guillotine Defense (GU 32) Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Elbow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 14) Riman Armlock – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 21) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Guillotine Defense (GU 32) Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	6	Straight Armlock – Mount (GU 9)				
Haymaker Punch Defense (GU 30) Belevator Sweep – Guard (GU 11) Rear Takedown (GU 29) Poll Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Guillotine Defense (GU 32)				
Haymaker Punch Defense (GU 30) Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29) Elbow Escape - Mount (GU 12) Pull Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Headlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 24) Guillotine Choke (Guard Pull) (GU 24) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	7	Triangle Choke – Guard (GU 10)				
Rear Takedown (GU 29) Plibow Escape – Mount (GU 12) Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Rear Takedown (GU 29) 9 Elbow Escape - Mount (GU 12) 10 Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) 11 Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) 12 Headlock Escape 1 - Side Mount (GU 18) Standing Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Standing Headlock Defense (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	8	Elevator Sweep – Guard (GU 11)				
Pull Guard (GU 21) Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Poll Guard (GU 21) Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 23) Headlock Escape 2 - Side Mount (GU 24) Solinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 21) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	Q	Elbow Escape – Mount (GU 12)				
Double Leg Takedown (Aggressive) (GU 17) Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 21) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	7	, ,				
Double Leg Takedown (Aggressive) (GU 17) Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Standing Armlock (GU 34) Standing Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	10	, ,				
Standing Headlock Defense (GU 26) Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Standing Headlock Defense (GU 26) Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34) Stadight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	11	, ,				
Standing Armlock (GU 34) Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Standing Armlock (GU 34) Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) 14 Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) 15 Headlock Escape - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) 17 Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	12					
Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)						
Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	13					
Guillotine Choke (Guard Pull) (GU 23) Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 24) Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)						
Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	14					
Clinch (Conservative Opponent) (GU 15) Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		, , , ,				
Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) 17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	15					
Body Fold Takedown (GU 14)						
Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	16					
Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) 19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) 21 Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) 1 Wisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) 23 Double Underhook Pass – Guard (GU 36)	17	· · ·				
Haymaker Punch Defense (GU 30) Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)	18					
Guillotine Defense (GU 32) Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	19					
Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
21 Elbow Escape – Side Mount (GU 33) PUll Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	20					
Pull Guard (GU 21) Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	21					
Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)						
Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)	22	Twisting Arm Control - Mount (GU 35)				
23		Rear Takedown (GU 29)				
Double Leg Takedown (Conservative) (GU 17)	23	Double Underhook Pass – Guard (GU 36)				
		Double Leg Takedown (Conservative) (GU 17)				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 July	30 July	31 July	1	2	3
6pm - RD - Mount Focus 7pm - Class 12 Bring a Friend	7pm - Class 13	8pm - Class 14	8:30pm - Class 15	7pm - Class 16	9am - Class 17 10am - Open Mat Members Only
5	6	7	8	9	10
6pm - RD - Guard Focus 7pm - Class 18 Bring a Friend	7pm - Class 19	8pm - Class 20	8:30pm - Class 21	7pm - Class 22	9am - Class 23 10am - Open Mat Members Only
12	13	14	15	16	17
Academy Closed	7pm - Class 1	8pm - Class 2	8:30pm - Class 3	7pm - Class 4	9am - Class 5 10am - Open Mat Members Only
19	20	21	22	23	24
6pm - RD - Freestyle Focus 7pm - Class 6 Bring a Friend	7pm - Class 7	8pm - Class 8	8:30pm - Class 9	7pm - Class 10	9am - Class11 10am - Open Mat Members Only
26	27	28	29	30	31
6pm - RD - Mount Focus 7pm - Class 12 Bring a Friend	7pm - Class 13	8pm - Class 14	8:30pm - Class 15	7pm - Class 16	9am - Class 17 10am - Open Mat Members Only

Street Readiness in 23 Classes

The 36 techniques in the Gracie Combatives program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

Reflex Development Class (RD Class)

Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

Log-on & Boost Progress!

As a student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to Adrian.

Watch all the lessons at www.GracieUniversity.com

Web: www.GracieAmsterdam.com

Address: Van Ostadestraat 155, De Pijp, 1073TK

Email: gjjamsterdam@gmail.com **Phone**: 062 755 4489