



AUGUST 2024 SCHEDULE

23 Classes	36 Essential Techniques	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Trap and Roll Escape – Mount (GU 1) Leg Hook Takedown (GU 6)	29 July	30 July	31 July	1	2	3
2	Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)	6pm - RD - Mount Focus	7pm - Class 13	8pm - Class 14	8:30pm - Class 15	7pm - Class 16	9am - Class 17
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)	7pm - Class 12 <i>Bring a Friend</i>					10am - Open Mat <i>Members Only</i>
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)	5	6	7	8	9	10
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)	6pm - RD - Guard Focus	7pm - Class 19	8pm - Class 20	8:30pm - Class 21	7pm - Class 22	9am - Class 23
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)	7pm - Class 18 <i>Bring a Friend</i>					10am - Open Mat <i>Members Only</i>
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)	12	13	14	15	16	17
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)	Academy Closed	7pm - Class 1	8pm - Class 2	8:30pm - Class 3	7pm - Class 4	9am - Class 5
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)	19	20	21	22	23	24
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)	6pm - Class 6 <i>Bring a Friend</i>	7pm - Class 7	8pm - Class 8	8:30pm - Class 9	7pm - Class 10	9am - Class 11
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)	7pm - RD - Side Mount Focus					10am - Open Mat <i>Members Only</i>
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)	26	27	28	29	30	31
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)	6pm - Class 12 <i>Bring a Friend</i>	7pm - Class 13	8pm - Class 14	8:30pm - Class 15	7pm - Class 16	9am - Class 17
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)	7pm - RD - Standing Focus					10am - Open Mat <i>Members Only</i>
15	Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)						
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)						
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)						
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)						
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)						
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)						
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)						
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)						
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)						

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.

<p>Watch all the lessons at www.GracieUniversity.com</p> <p>Web: www.GracieAmsterdam.com</p> <p>Email: gjjamsterdam@gmail.com</p>	<p>Address: Van Ostadestraat 155, De Pijp, 1073TK</p> <p>Phone: 062 755 4489</p>
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