



JANUARY 2025 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)	30	31	1	2	3	4
2	Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)	Academy Closed - Happy Holidays!				7pm - Class 18	9am - Class 19 10am - Open Mat Members Only
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)	6	7	8	9	10	11
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)	6pm - Class 20 <i>Bring a Friend</i>	7pm - Class 21	8pm - Class 22	8:30pm - Class 23	7pm - Class 1	Academy Closed
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)	7pm - RD - Freestyle Focus					
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)	13	14	15	16	17	18
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)	Academy Closed					
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)	20	21	22	23	24	25
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)	Academy Closed				7pm - Class 4	9am - Class 5 10am - Open Mat Members Only
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)	27	28	29	30	31	1
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)	6pm - Class 6 <i>Bring a Friend</i>	7pm - Class 7	8pm - Class 8	8:30pm - Class 9	Academy Closed	
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)	Academy Closed					
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)	Academy Closed					
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)	Academy Closed					
15	Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)	Academy Closed					
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)	Academy Closed					
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)	Academy Closed					
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)	Academy Closed					
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)	Academy Closed					
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)	Academy Closed					
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)	Academy Closed					
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)	Academy Closed					
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17)	Academy Closed					

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 Address: Van Ostadestraat 155, De Pijp, 1073TK</p> <p>Email: gjjamsterdam@gmail.com Phone: 062 755 4489</p>
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