



# MARCH 2025 SCHEDULE

23 Classes	36 Essential Techniques	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		24 Feb	25 Feb	26 Feb	27 Feb	28 Feb	1 Mar
1	<b>Trap and Roll Escape – Mount</b> (GU 1) Leg Hook Takedown (GU 6)	<b>6pm - Class 5</b> <i>Bring a Friend</i>  <b>7pm - RD - Freestyle Focus</b>	<b>7pm - Class 6</b>	<b>8pm - Class 7</b>	<b>8:30pm - Class 8</b>	<b>7pm - Class 9</b>	<b>9am - Class 10</b>  <b>10am - Open Mat</b> <i>Members Only</i>
2	<b>Americana Armlock - Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 7)						
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 14)						
4	<b>Take the Back + R.N.C. – Mount</b> (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)	3	4	5	6	7	8
5	<b>Punch Block Series (1-4) – Guard</b> (GU 8) Guillotine Choke (Standing) (GU 23)	<b>6pm - Class 11</b> <i>Bring a Friend</i>  <b>7pm - RD - Mount Focus</b>	<b>7pm - Class 12</b>	<b>8pm - Class 13</b>	<b>8:30pm - Class 14</b>	<b>7pm - Class 15</b>	<b>9am - Class 16</b>  <b>10am - Open Mat</b> <i>Members Only</i>
6	<b>Straight Armlock – Mount</b> (GU 9) Guillotine Defense (GU 32)						
7	<b>Triangle Choke – Guard</b> (GU 10) Haymaker Punch Defense (GU 30)						
8	<b>Elevator Sweep – Guard</b> (GU 11) Rear Takedown (GU 29)	10	11	12	13	14	15
9	<b>Elbow Escape – Mount</b> (GU 12) Pull Guard (GU 21)	<b>6pm - Class 17</b> <i>Bring a Friend</i>  <b>7pm - RD - Guard Focus</b>	<b>7pm - Class 18</b>	<b>8pm - Class 19</b>	<b>8:30pm - Class 20</b>	<b>7pm - Class 21</b>	<b>9am - Class 22</b>  <b>10am - Open Mat</b> <i>Members Only</i>
10	<b>Positional Control – Side Mount</b> (GU 13) Double Leg Takedown (Aggressive) (GU 17)						
11	<b>Headlock Counters – Mount</b> (GU 16) Standing Headlock Defense (GU 26)						
12	<b>Headlock Escape 1 – Side Mount</b> (GU 18) Standing Armlock (GU 34)	17	18	19	20	21	22
13	<b>Straight Armlock – Guard</b> (GU 19) Clinch (Aggressive Opponent) (GU 7)	<b>6pm - Class 23</b> <i>Bring a Friend</i>  <b>7pm - RD - Side Mount Focus</b>	<b>7pm - Class 1</b>	<b>8pm - Class 2</b>	<b>8:30pm - Class 3</b>	<b>7pm - Class 4</b>	<b>9am - Class 5</b>  <b>10am - Open Mat</b> <i>Members Only</i>
14	<b>Double Ankle Sweep – Guard</b> (GU 20) Guillotine Choke (Guard Pull) (GU 23)						
15	<b>Headlock Escape 2 – Side Mount</b> (GU 22) Clinch (Conservative Opponent) (GU 15)						
16	<b>Shrimp Escape – Side Mount</b> (GU 24) Body Fold Takedown (GU 14)	24	25	26	27	28	29
17	<b>Kimura Armlock – Guard</b> (GU 25) Leg Hook Takedown (GU 6)	<b>6pm - Class 6</b> <i>Bring a Friend</i>  <b>7pm - RD - Standing Focus</b>	<b>7pm - Class 7</b>	<b>8pm - Class 8</b>	<b>8:30pm - Class 9</b>	<b>7pm - Class 10</b>	<b>9am - Class 11</b>  <b>10am - Open Mat</b> <i>Members Only</i>
18	<b>Punch Block Series (5) – Guard</b> (GU 27) Haymaker Punch Defense (GU 30)						
19	<b>Hook Sweep – Guard</b> (GU 28) Guillotine Defense (GU 32)						
20	<b>Take the Back – Guard</b> (GU 31) Standing Headlock Defense (GU 26)						
21	<b>Elbow Escape – Side Mount</b> (GU 33) Pull Guard (GU 21)						
22	<b>Twisting Arm Control – Mount</b> (GU 35) Rear Takedown (GU 29)						
23	<b>Double Underhook Pass – Guard</b> (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><b>Watch all the lessons at <a href="http://www.GracieUniversity.com">www.GracieUniversity.com</a></b></p> <p><b>Web:</b> <a href="http://www.GracieAmsterdam.com">www.GracieAmsterdam.com</a></p> <p><b>Email:</b> <a href="mailto:gjjamsterdam@gmail.com">gjjamsterdam@gmail.com</a></p>	<p><b>Address:</b> Van Ostadestraat 155, De Pijp, 1073TK</p> <p><b>Phone:</b> 062 755 4489</p>
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