

SEPTEMBER 2025 SCHEDULE

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1) Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)
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 (GU 34)
13	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 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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
11am - Class 16 6pm - Class 6 7pm - RD - Guard Focus	11am - Class 17 5:30pm - MC Fundamentals - Mount 7pm - Class 7	11am - RD - Side Mount Focus <i>Bring a Friend</i> 8pm - Class 8		11am - MC Fundamentals - Mount 6pm - Class 9	9am - Class 10 10am - Open Mat <i>Members Only</i>
8	9	10	11	12	13
11am - Class 18 6pm - Class 11 7pm - RD - Standing Focus	11am - Class 19 5:30pm - MC Fundamentals - Side Mount 7pm - Class 12	11am - RD - Freestyle Focus <i>Bring a Friend</i> 8pm - Class 13		11am - MC Fundamentals - Side Mount 6pm - Class 14	9am - Class 15 10am - Open Mat <i>Members Only</i>
15	16	17	18	19	20
11am - Class 20 6pm - Class 16 7pm - RD - Mount Focus	11am - Class 21 5:30pm - MC Fundamentals - Guard 7pm - Class 17	11am - RD - Guard Focus <i>Bring a Friend</i> 8pm - Class 18		Academy Closed	Academy Closed
22	23	24	25	26	27
Academy Closed	11am - Class 22 5:30pm - MC Fundamentals - Half Guard 7pm - Class 19	11am - RD - Side Mount Focus <i>Bring a Friend</i> 8pm - Class 20		11am - MC Fundamentals - Half Guard 6pm - Class 21	Academy Closed
29	30	1 Oct	2 Oct	3 Oct	4 Oct
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.

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