



JANUARY 2026 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
29 Dec	30 Dec	31 Dec	1 Jan	2 Jan	3 Jan
Academy Closed					
5	6	7	8	9	10
Academy Closed		12pm - RD - Freestyle Focus 8pm - Class 2 Bring a Friend		11am - MC Fundamentals - Side Mount 6pm - Class 3	9am - Class 4 10am - Open Mat Members Only
12	13	14	15	16	17
11am - Class 22 6pm - Class 5 7pm - RD - Mount Focus	11am - Class 23 5:30pm - MC Fundamentals - Guard 7pm - Class 6	12pm - RD - Guard Focus 8pm - Class 7 Bring a Friend		11am - MC Fundamentals - Guard 6pm - Class 8	9am - Class 9 10am - Open Mat Members Only
19	20	21	22	23	24
11am - Class 1 6pm - Class 10 7pm - RD - Side Mount Focus	11am - Class 2 5:30pm - MC Fundamentals - Half Guard 7pm - Class 11	12pm - RD - Standing Focus 8pm - Class 12 Bring a Friend		11am - MC Fundamentals - Half Guard 6pm - Class 13	Academy Closed
26	27	28	29	30	31
11am - Class 3 6pm - Class 14 7pm - RD - Freestyle Focus	11am - Class 4 5:30pm - MC Fundamentals - Back Mount 7pm - Class 15	12pm - RD - Mount Focus 8pm - Class 16 Bring a Friend			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.

Master Cycle Fundamentals

This class aims to accelerate your skill development and ensure a smooth transition into the Master Cycle program. All 3- and 4-stripe Gracie Combatives students are invited to attend Master Cycle Fundamentals (MCF). Each MCF class is 90 minutes long, consisting of 60 minutes of technique followed by 30 minutes of optional positional sparring. The uniform for MCF classes is the same as Gracie Combatives classes (white gi).

Watch all the lessons at www.GracieUniversity.com

Web: www.GracieAmsterdam.com

Address: Van Ostadestraat 155, De Pijp, 1073TK

Email: gjamsterdam@gmail.com

Phone: 062 755 4489