

	36 Essential Techniques
1	Trap and Roll Escape (GU 1) Leg Hook Takedown (GU 6)
2	Americana Armlock (GU 2) Clinch Aggressive (GU 7)
3	Positional Control - Mount (GU 3) Body Fold Takedown (GU 14)
4	Take the Back + RNC (GU 4+5) Clinch Conservative (GU 15)
5	Punch Block Series (1-4) (GU 8) Guillotine Standing (GU 23)
6	Straight Armlock Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep (GU 11) Rear Takedown (GU 29)
9	Elbow Escape Mount (GU 12) Pull Guard (GU 21)
10	Positional Control - Side (GU 13) Double Leg Aggressive (GU 17)
11	Headlock Counters (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 (GU 18) Standing Armlock (GU 34)
13	Straight Armlock Guard (GU 19) Clinch Aggressive (GU 7)
14	Double Ankle Sweep (GU 20) Guillotine Guard Pull (GU 23)
15	Headlock Escape 2 (GU 22) Clinch Conservative (GU 15)
16	Shrimp Escape (GU 24) Body Fold Takedown (GU 14)
17	Kimura Armlock (GU 25) Leg Hook Takedown (GU 6)
18	Punch Block Series (5) (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep (GU 28) Guillotine Defense (GU 32)
20	Take the Back (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape Side (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass (GU 36) Double Leg Conservative (GU 17)



GRACIE COMBATIVES®

Settembre 2025

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
01/09 LEZIONE 22 19:30 - 20:30	02/09	03/09 LEZIONE 23 19:30 RD MOUNT 20:30	04/09	05/09	06/09
08/09 LEZIONE 1 19:30 - 20:30	09/09	10/09 LEZIONE 2 19:30 RD GUARD 20:30	11/09	12/09	13/09
15/09 LEZIONE 3 19:30 - 20:30	16/09	17/09 LEZIONE 4 19:30 RD SIDE MOUNT 20:30	18/09	19/09	20/09 TECHNICAL LAB 17:00 – 18:30
22/09 LEZIONE 5 19:30 - 20:30	23/09	24/09 LEZIONE 6 19:30 RD STANDING 20:30	25/09	26/09	27/09
29/09 LEZIONE 7 19:30 - 20:30	30/09				