

SEPTEMBER 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
24 Aug	25 Aug	26 Aug	27 Aug	28 Aug	29 Aug
5pm - Class 22 6pm - RD - Guard Focus	11am - Class 23 4:30pm - Master Cycle (Standing: Review)	11am - RD - Side Mount Focus 7pm - Master Cycle (Standing: Review)		11am - Class 1	9am - Class 2 10am - Master Cycle (Standing: Review) + Fight Sim
31 Aug	1	2	3	4	5
11am - Class 3 5pm - Master Cycle (Standing: Review) + Fight Sim 6pm - RD - Standing Focus	11am - Master Cycle (Standing: Review) 4:30pm - Class 4	11am - RD - Freestyle Focus 7pm - Class 5		11am - Master Cycle (Standing: Review)	9am - Class 6 10am - Master Cycle (Standing: Review)
7	8	9	10	11	12
11am - Master Cycle (Standing: Sparring) 5pm - Class 7 6pm - RD - Mount Focus	11am - Class 8 4:30pm - Master Cycle (Standing: Sparring)	11am - RD - Guard Focus 7pm - Master Cycle (Standing: Sparring)		11am - Class 9	9am - Class 10 10am - Master Cycle (Standing: Sparring)
14	15	16	17	18	19
11am - Class 11 5pm - Master Cycle (Mount: Controls) 6pm - RD - Side Mount Focus	11am - Master Cycle (Mount: Controls) 4:30pm - Class 12	11am - RD - Standing Focus 7pm - Class 13		11am - Master Cycle (Mount: Controls)	9am - Class 14 10am - Master Cycle (Mount: Controls)
21	22	23	24	25	26
11am - Master Cycle (Mount: Controls) 5pm - Class 15 6pm - RD - Freestyle Focus	11am - Class 16 4:30pm - Master Cycle (Mount: Controls)	11am - RD - Mount Focus 7pm - Master Cycle (Mount: Controls)		11am - Class 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.

Watch all the lessons at www.GracieUniversity.com

Web: www.GracieAmsterdam.com

Address: Blasiusstraat 144, Amsterdam, 1091 CZ

Email: gjjamsterdam@gmail.com Phone: 062 755 4489