

April 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
30 Jr. Grapplers 18:00 – 19:00 UG <hr/> Gracie Combative 19:30 – 20:30 UG GC-Class 13 Bring a Friend!	31 Master Cycle 19:30 – 20:30 UG Chapter 2 Lesson 14 <hr/> Master Cycle 20:30 – 21:00 UG Sparring	<u>01. April</u> Jr. Grapplers 18:00 – 19:00 UG Lesson 26 & 23 <hr/> Gracie Combative 19:30 – 20:30 GC-Class 22	02 Master Cycle 18:30 – 19:30 UG No Gi Technique Rev.	03 CLOSED	04 CLOSED	05
06 CLOSED	07 Master Cycle 19:30 – 20:30 UG Chapter 2 Lesson 15 <hr/> Master Cycle 20:30 – 21:00 UG Sparring	08 Jr. Grapplers No Class <hr/> Gracie Combative 19:30 – 20:30 GC-Class 23	09 Master Cycle 18:30 – 19:30 UG No Gi Technique Rev.	10 Jr. Grapplers No Class <hr/> Gracie Combative 19:30 – 20:30 GC-Class 5	11 Master Cycle 11:00 – 12:00 No Gi Chapter 2 Lesson 16 <hr/> Master Cycle 12:00 – 12:30 No Gi Fight Simulation Sparring	12
13 Jr. Grapplers 18:00 – 19:00 UG Game Day Technique Rev. <hr/> Gracie Combative 19:30 – 20:30 UG GC-Class 15 Bring a Friend!	14 Master Cycle 19:30 – 20:30 UG Chapter 7 Lesson 50 <hr/> Master Cycle 20:30 – 21:00 UG Sparring	15 Jr. Grapplers 18:00 – 19:00 UG Lesson 5 & 1 <hr/> Gracie Combative 19:30 – 20:30 GC-Class 1	16 Master Cycle 18:30 – 19:30 UG No Gi Technique Rev.	17 Jr. Grapplers 18:00 – 19:00 UG Lesson 23 & 8 <hr/> Gracie Combative 19:30 – 20:30 GC-Class 6	18 Master Cycle 11:00 – 12:00 Chapter 7 Lesson 51 <hr/> Master Cycle 12:00 – 12:30 No Gi Fight Simulation Sparring	19
20 Jr. Grapplers 18:00 – 19:00 UG Game Day Technique Rev. <hr/> Gracie Combative 19:30 – 20:30 UG GC-Class 16 Bring a Friend!	21 Master Cycle 19:30 – 20:30 UG Chapter 7 Lesson 52 <hr/> Master Cycle 20:30 – 21:00 UG Sparring	22 Jr. Grapplers 18:00 – 19:00 UG Lesson 6 & 2 <hr/> Gracie Combative 19:30 – 20:30 GC-Class 2	23 Master Cycle 18:30 – 19:30 UG No Gi Technique Rev.	24 Jr. Grapplers 18:00 – 19:00 UG Lesson 5 & 4 <hr/> Gracie Combative 19:30 – 20:30 RD-Class	25 Master Cycle 11:00 – 12:00 No Gi Chapter 7 Lesson 53 <hr/> Master Cycle 12:00 – 12:30 No Gi Fight Simulation Sparring	26
27 Jr. Grapplers 18:00 – 19:00 UG Game Day Technique Rev. <hr/> Gracie Combative 19:30 – 20:30 UG GC-Class 17 Bring a Friend!	28 Master Cycle 19:30 – 20:30 UG Chapter 7 Lesson 54 <hr/> Master Cycle 20:30 – 21:00 UG Sparring	29 Jr. Grapplers 18:00 – 19:00 UG Lesson 12 & 3 <hr/> Gracie Combative 19:30 – 20:30 GC-Class 3	30 Master Cycle 18:30 – 19:30 UG No Gi Technique Rev.			



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



Side Mount		
Lessons	Chapter	Techniques
15	2.1: Side Mount Controls	Control Flow
16	2.1: Side Mount Controls	Knee on Stomach
Standing		
50	7.1: Front Attack Defenses	Sucker Punch Defense
51	7.1: Front Attack Defenses	Standing Headlock Defense
52	7.2: Rear Attack Defenses	Standard Rear Choke Defense
53	7.2: Rear Attack Defenses	Pullback Rear Choke Defense
54	7.3: Weapon Defenses	Close Range Club Defense



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

