

## Juni 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
01 <b>Gracie Combatives</b> 19:30 – 20:30   UG GC-Class 21  Bring a Friend!	02 <b>Master Cycle + MCF</b> 19:30 – 20:30   UG Chapter 3   Lesson 17   Slice 1 - 3  <b>Master Cycle</b> 20:30 – 21:00   UG Sparring	03 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 8	04 <b>CLOSED</b>	05 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 15	06 <b>Master Cycle</b> 11:00 – 12:00   No Gi Chapter 3   Lesson 17   Slice 1 - 3  Fight Simulation 12:00 – 12:30	07
08 <b>Gracie Combatives</b> 19:30 – 20:30   UG GC-Class 22  Bring a Friend!	09 <b>Master Cycle + MCF</b> 19:30 – 20:30   UG Chapter 3   Lesson 18   Slice 1 - 2  <b>Master Cycle</b> 20:30 – 21:00   UG Sparring	10 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 9	11 <b>Master Cycle</b> 18:30 – 19:30   UG Chapter 3   Lesson 18   Slice 3 & 4	12 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 16	13 <b>Master Cycle</b> 11:00 – 12:00   No Gi Chapter 3   Lesson 18   Slice 1 - 4  Fight Simulation 12:00 – 12:30	14
15 <b>Gracie Combatives</b> 19:30 – 20:30   UG GC-Class 23  Bring a Friend!	16 <b>Master Cycle + MCF</b> 19:30 – 20:30   UG Chapter 3   Lesson 19   Slice 1 - 3  <b>Master Cycle</b> 20:30 – 21:00   UG Sparring	17 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 10	18 <b>Master Cycle</b> 18:30 – 19:30   UG Chapter 3   Lesson 19   Slice 4 - 5	19 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 17	20 <b>Master Cycle</b> 11:00 – 12:00   No Gi Chapter 3   Lesson 19   Slice 1 - 5  Fight Simulation 12:00 – 12:30	21
22 <b>Gracie Combatives</b> 19:30 – 20:30   UG GC-Class 1  Bring a Friend!	23 <b>Master Cycle + MCF</b> 19:30 – 20:30   UG Chapter 3   Lesson 20   Slice 1 - 2  <b>Master Cycle</b> 20:30 – 21:00   UG Sparring	24 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 11	25 <b>Master Cycle</b> 18:30 – 19:30   UG Chapter 3   Lesson 20   Slice 3 - 4	26 <b>Gracie Combatives</b> 19:30 – 20:30 GC-Class 18	27 <b>Master Cycle</b> 11:00 – 12:00   No Gi Chapter 3   Lesson 20   Slice 1 - 4  Fight Simulation 12:00 – 12:30	28
29 <b>Gracie Combatives</b> 19:30 – 20:30   UG RD-Class  Bring a Friend!	30 <b>Master Cycle + MCF</b> 19:30 – 20:30   UG Chapter 3   Lesson 21   Slice 1 - 2  <b>Master Cycle</b> 20:30 – 21:00   UG Sparring					

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

Chapter 3. Guard			
Lessons	Chapter	Techniques	Slice
17	3.1: Guard Controls	Posture Prevention	1. Hand Control 2. Get-up Prevention 3. Emergency Punch Blocks
18	3.1: Guard Controls	Pass Prevention	1. Shoulder Walk 2. Underhook Counter 3. High-low Recovery 4. Back Roll
19	3.2: Guard Passes	Knee Split Pass	1. Double Underhook 2. Front Side 3. Inside Knee Drop 4. Back Side 5. Two-hand Shot
20	3.2: Guard Passes	Standing Pass	1. Punch Break 2. Push Break 3. Double Ankle Counter 4. Bull Fighter Pass
21	3.3: Guard Submission Counters	Triangle Choke Counters	1. Safe Hands 2. Setup Slip