GRACIE JIU-JITSU
DÜSSELDORF II

Oktober 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			01. Oktober **Master Cycle** 18:30 – 19:30 | UG **Chapter 3 | Wdh.**	02 **Gracie Combatives** 19:30 – 20:30 **GC-Class 04**	03 **Master Cycle** 11:00 – 12:00 | No Gi **Chapter 3 | Wdh.** --- **Fight Simulation** 12:00 – 12:30	04
05 **Gracie Combatives** 19:30 – 20:30 | UG **GC-Class 11** **Bring a Friend**	06 **Master Cycle + MCF** 19:30 – 20:30 | UG| No Gi **Chapter 4| Lesson 30 | Slice 1 – 2** --- **Master Cycle** 20:30 – 21:00 | UG **Sparring**	07 **Gracie Combatives** 19:30 – 20:30 **GC-Class 22**	08 **Master Cycle** 18:30 – 19:30 | UG **Chapter 4| Lesson 30 | Slice 3**	09 **Gracie Combatives** 19:30 – 20:30 **GC-Class 05**	10 **Master Cycle** 11:00 – 12:00 | No Gi **Chapter 4| Lesson 30 | Slice 1 – 3** --- **Sparring** 12:00 – 12:30	11
12 **Gracie Combatives** 19:30 – 20:30 | UG **GC-Class 12** **Bring a Friend!**	13 **Master Cycle + MCF** 19:30 – 20:30 | UG **Chapter 4 | Lesson 31 | Slice 1 – 2** --- **Master Cycle** 20:30 – 21:00 | UG **Sparring**	14 **Gracie Combatives** 19:30 – 20:30 **GC-Class 23**	15 **Master Cycle** 18:30 – 19:30 | UG **Chapter 4 | Lesson 31 | Slice 3**	16 **Gracie Combatives** 19:30 – 20:30 **GC-Class 06**	17 **Master Cycle** 11:00 – 12:00 | No Gi **Chapter 4 | Lesson 31 | Slice 1 – 3** --- **Fight Simulation** 12:00 – 12:30	18
19 **Gracie Combatives** 19:30 – 20:30 | UG **GC-Class 13** **Bring a Friend!**	20 **Master Cycle + MCF** 19:30 – 20:30 | UG **Chapter 4 | Lesson 32 | Slice 1 – 2** --- **Master Cycle** 20:30 – 21:00 | UG **Sparring**	21 **Gracie Combatives** 19:30 – 20:30 **GC-Class 01**	22 **Master Cycle** 18:30 – 19:30 | UG **Chapter 4 | Lesson 32 | Slice 3**	23 **Gracie Combatives** 19:30 – 20:30 **GC-Class 07**	24 **Master Cycle** 11:00 – 12:00 | No Gi **Chapter 4 | Lesson 32 | Slice 1 – 3** --- **Sparring** 12:00 – 12:30	25
26 **Gracie Combatives** 19:30 – 20:30 | UG **GC-Class 14** **Bring a Friend!**	27 **Master Cycle + MCF** 19:30 – 20:30 | UG **Chapter 4 | Lesson 33 | Slice 1 – 2** --- **Master Cycle** 20:30 – 21:00 | UG **Sparring**	28 **Gracie Combatives** 19:30 – 20:30 **GC-Class 02**	29 **Master Cycle** 18:30 – 19:30 | UG **Chapter 4 | Lesson 33 | Slice 3**	30 **Gracie Combatives** 19:30 – 20:30 **RD-Class**	31 **Master Cycle** 11:00 – 12:00 | No Gi **Chapter 4 | Lesson 33 | Slice 1 – 3** --- **Fight Simulation** 12:00 – 12:30	**01. November**

SPORT in

GRACIE COMBATIVES
THE FASTEST WAY TO STREET READINESS

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

MASTER CYCLE
THE GRACIE WAY FROM BLUE TO BLACK BELT

Chapter 4. Half Guard

Lessons	Chapter	Techniques	Slice
30	4.1: Half Guard Bottom	Guard Recovery	1. Lockdown Control 2. Half Butterfly Recovery 3. Top Knee Recovery
31	4.1: Half Guard Bottom	Take the Back	1. Direct Shot 2. Blade Entry 3. Punch Block
32	4.1: Half Guard Bottom	Elevator Sweep	1. Standard Variation 2. Back Mount Transition 3. Forced Elevator
33	4.2: Half Guard Top	Tripod Pass	1. Quick Shot 2. Hook Backup 3. Lockdown Release

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