

September 2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
31 Gracie Combatives 19:30 – 20:30 UG GC-Class 6 Bring a Friend!	01. September Master Cycle + MCF 19:30 – 20:30 UG Chapter 3 Lesson 26 Slice 1 – 2 Master Cycle 20:30 – 21:00 UG Sparring	02 Gracie Combatives 19:30 – 20:30 GC-Class 18	03 Master Cycle 18:30 – 19:30 UG Chapter 3 Lesson 26 Slice 1 – 2	04 CLOSED SEMINAR RENER GRACIE	05 CLOSED SEMINAR RENER GRACIE	06
07 Gracie Combatives 19:30 – 20:30 UG GC-Class 7 Bring a Friend!	08 Master Cycle + MCF 19:30 – 20:30 UG Chapter 3 Lesson 27 Slice 1 – 2 Master Cycle 20:30 – 21:00 UG Sparring	09 Gracie Combatives 19:30 – 20:30 GC-Class 19	10 Master Cycle 18:30 – 19:30 UG Chapter 3 Lesson 27 Slice 3	11 Gracie Combatives 19:30 – 20:30 GC-Class 23	12 Master Cycle 11:00 – 12:00 No Gi Chapter 3 Lesson 27 Slice 1 – 3 Fight Simulation 12:00 – 12:30	13
14 Gracie Combatives 19:30 – 20:30 UG GC-Class 8 Bring a Friend!	15 Master Cycle + MCF 19:30 – 20:30 UG Chapter 3 Lesson 28 Slice 1 – 3 Master Cycle 20:30 – 21:00 UG Sparring	16 Gracie Combatives 19:30 – 20:30 GC-Class 20	17 Master Cycle 18:30 – 19:30 UG Chapter 3 Lesson 28 Slice 4	18 Gracie Combatives 19:30 – 20:30 GC-Class 1	19 Master Cycle 11:00 – 12:00 No Gi Chapter 3 Lesson 28 Slice 1 – 4 Fight Simulation 12:00 – 12:30	20
21 Gracie Combatives 19:30 – 20:30 UG GC-Class 9 Bring a Friend!	22 Master Cycle + MCF 19:30 – 20:30 UG Chapter 3 Lesson 29 Slice 1 – 2 Master Cycle 20:30 – 21:00 UG Sparring	23 Gracie Combatives 19:30 – 20:30 GC-Class 21	24 Master Cycle 18:30 – 19:30 UG Chapter 3 Lesson 29 Slice 3 – 4	25 Gracie Combatives 19:30 – 20:30 GC-Class 2	26 Master Cycle 11:00 – 12:00 No Gi Chapter 3 Lesson 29 Slice 1 – 4 Fight Simulation 12:00 – 12:30	27
28 Gracie Combatives 19:30 – 20:30 UG GC-Class 10 Bring a Friend!	29 Master Cycle + MCF 19:30 – 20:30 UG Chapter 3 Wdh. Master Cycle 20:30 – 21:00 UG Sparring	30 Gracie Combatives 19:30 – 20:30 RD-Class	01. Oktober Master Cycle 18:30 – 19:30 UG Chapter 3 Wdh.	02 Gracie Combatives 19:30 – 20:30 GC-Class 3	03 Master Cycle 11:00 – 12:00 No Gi Chapter 3 Wdh. Fight Simulation 12:00 – 12:30	04

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

Chapter 3. Guard			
Lessons	Chapter	Techniques	Slice
26	3.5: Guard Sweeps	Scissor Sweep	1. Standard 2. Base Chop
27	3.5: Guard Sweeps	Cross Sweep	1. Cross Sweep 2. Cross Hook Combo 3. Same Side Wrist Control
28	3.6: Sport Guards	Butterfly Guard	1. Control 2. Strong Side Sweep 3. Weak Side Sweep 4. Take the Back
29	3.6: Sport Guards	Spider Guard	1. Control 2. Standard Push Sweep 3. Wrapping Push Sweep 4. Triangle Transitions