

Dezember 2025

23 Classes	36 Essential 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

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
01 18:30 – 19:30 GC-Class 21 Bring a Friend!	02 ---2026--- Gracie Master Cycle	03 18:30 – 19:30 GC-Class 3 Bring a Friend!	04 ---2026--- Gracie Master Cycle	05 19:30 – 20:30 RD-Class 20:00 – 21:00 Fight Simulation Day Gi	06 Umbau - Renovierung	07 Umbau - Renovierung
08 18:30 – 19:30 GC-Class 22 Bring a Friend!	09 ---2026--- Gracie Master Cycle	10 18:30 – 19:30 GC-Class 4	11 ---2026--- Gracie Master Cycle	12 19:30 – 20:30 GC-Class 8 20:00 – 21:00 Fight Simulation Day Gi	13 Umbau - Renovierung	14 Umbau - Renovierung
15 18:30 – 19:30 GC-Class 23 Bring a Friend!	16 ---2026--- Gracie Master Cycle	17 18:30 – 19:30 GC-Class 5	18 ---2026--- Gracie Master Cycle	19 19:30 – 20:30 GC-Class 9 20:00 – 21:00 Fight Simulation Day Gi	20 Umbau - Renovierung	21 Umbau - Renovierung

CLOSED
22.12.2025 – 04.01.2026



**Master Cycle startet erst 2026 wieder,
aufgrund von Umbau und Renovierung.**

