

Juli 2026

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

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
21	3.3: Guard Submission Counters	Triangle Choke Counters	1. Safe Hands 2. Setup Slip
22	3.3: Guard Submission Counters	Straight Armlock Counters	1. Anchor and Stack 2. L-Drop
23	3.3: Guard Submission Counters	Kimura Counters	1. Safe Positioning 2. Hip Hug 3. Anchor Hold
24	3.4: Guard Submissions	Wrist Control Sequence	1. Straight Armlock 2. Belly Down Transfer 3. Triangle Jump
25	3.4: Guard Submissions	Triple Threat	1. Cross Choke 2. Armlock Transition 3. Triangle Transition 4. Triple Threat