

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



# GRACIE COMBATIVES®

## Gennaio 2025

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
		01/01	02/01	03/01	04/01
06/01 CTC CHUSO PER FESTIVITÀ	07/01	08/01 LEZIONE 13 19:30 RD STANDING 20:30	09/01	10/01	11/01
13/01 LEZIONE 14 19:30 - 20:30	14/01	15/01 LEZIONE 15 19:30 RD FIGHT SIM 20:30	16/01	17/01	18/01 TECHNICAL LAB 17:00 - 18:30
20/01 LEZIONE 16 19:30 - 20:30	21/01	22/01 LEZIONE 17 19:30 RD MOUNT 20:30	23/01	24/01	25/01
27/01 LEZIONE 18 19:30 - 20:30	28/01	29/01 LEZIONE 19 19:30 RD GUARD 20:30	30/01	31/01	