

MASTER CYCLE®

Date	Positional Chapter Focus: Side Mount	GU Lesson #	Positional Focus
January 1	Outside Arm Attacks	BBS3 Lesson 13	Side Mount Submissions
January 2	D'Arce Chokes	BBS3 Lesson 14	Side Mount Submissions
January 4	MC Fundamentals	BBS 1-3	Guard Review
January 6	Armlock Counters	BBS2 Lesson 16	Side Mount Submission Counters
January 7	Fight Sim-No Gi with gloves		
January 8	D'Arce Choke Counters	BBS3 Lesson 16	Side Mount Submission Counters
January 8	Safe Hands	BBS1 Lesson 16	Side Mount Submission Counters
January 11	MC Fundamentals	BBS1 Lesson 32	Elevator Sweep
January 14	Fight Sim-No Gi with gloves		
January 15	Armlock Counters	BBS3 Lesson 15	Side Mount Submission Counters
January 16	Lapel Choke Counters	BBS2 Lesson 17	Side Mount Submission Counters
January 18	MC Fundamentals	BBS1 Lesson 33, 35	Tripod Pass, ¾ Guard Pass
January 20	Side Mount Review	BBS 1-3	Side Mount Escapes
January 21	Fight Sim-No Gi with gloves		
January 22	Side Mount Review	BBS 1-3	Side Mount Controls
January 23	Side Mount Review	BBS 1-3	Side Mount Submissions
January 25	MC Fundamentals	BBS1 Lesson 34	Sitting Pass
January 27	Side Mount Review	BBS 1-3	Side Mount Submission Counters
January 28	Fight Sim-No Gi with gloves		
January 29	Knee Split Pass	BBS1 Lesson 19	Guard Passes
January 30	Standing Pass	BBS1 Lesson 20	Guard Passes

*Class schedule subject to change based on holidays and special events.

- **Training Attire:** Only white Gracie University gis permitted. For no-gi classes, please wear a Gracie University dry fit t-shirt or rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or shorts allowed.
Please wear your jiu-jitsu belt in no-gi classes.
- **Fight Simulation:** In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have 5.5oz. sparring gloves and a mouthguard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes every month. Student safety and collaboration is the top priority in this class.
- **MC Stripe Promotions:** Stripe promotions from blue to black belt are based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.

Mondays: 8:00 Gi

Tuesdays: 8:00 No Gi Fight Simulation Sparring Gloves and Mouth Guard

Wednesdays: 7:00 Gi

Thursdays: 7:00 Gi

Saturdays: 12:00 Gi Master Cycle Fundamentals