

# MASTER CYCLE®

July 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:00 – 8:30 pm <b>MC ADVANCED</b> No-Gi Back Mount Controls	2 7:00 – 8:00 am ----- <b>MC FUNDAMENTALS</b> 6:00 – 7:30 pm Back Mount Controls 36: Crossover Controls	3 7:00 – 8:30 pm Back Mount Controls	4  Happy 4 <sup>th</sup> of July!  <b>CLOSED</b>	5  <b>CLOSED</b>	6 11:30 am – 12:30pm <b>MC FIGHT SIMULATION</b> Back Mount Controls
8 7:00 – 8:30 pm <b>MC ADVANCED</b> No-Gi Back Mount Controls	9 7:00 – 8:00am All Level ----- <b>MC FUNDAMENTALS</b> 6:00 – 7:30 pm Back Mount Controls 37: Triple Threat	10 7:00 – 8:30 pm Back Mount Controls	11 6:00 – 7:30 pm No-Gi Back Mount Controls	12 12:00 – 1:00 pm Back Mount Controls ----- 6–7pm GC RD (no-gi): Freestyle	13 11:30 am – 12:30pm <b>MC FIGHT SIMULATION</b> Back Mount Controls
15 7:00 – 8:30 pm <b>MC ADVANCED</b> No-Gi Back Mount Submissions	16 7:00 – 8:00am All Level ----- <b>MC FUNDAMENTALS</b> 6:00 – 7:30 pm Back Mount Submissions 38: Choke Sequence	17 7:00 – 8:30 pm Back Mount Submissions	18 6:00 – 7:30 pm No-Gi Back Mount Submissions	19 12:00 – 1:00 pm Back Mount Submissions ----- 6-7pm GC RD (no-gi): Mount	20 11:30 am – 12:30pm <b>MC FIGHT SIMULATION</b> Back Mount Submissions
22 7:00 – 8:30 pm <b>MC ADVANCED</b> No-Gi Back Mount Submissions	23 7:00 – 8:00am All Level ----- <b>MC FUNDAMENTALS</b> 6:00 – 7:30 pm Back Mount Subs 39: Double Threat	24 7:00 – 8:30 pm Back Mount Submissions	25 6:00 – 7:30 pm No-Gi Back Mount Submissions	26 12:00 – 1:00 pm Back Mount Submissions ----- 6-7pm GC RD (no-gi): Guard Subs	27 11:30 am – 12:30pm <b>MC FIGHT SIMULATION</b> Back Mount Submissions
29 7:00 – 8:30 pm <b>MC ADVANCED</b> No-Gi Back Mount Sub Counters	30 7:00 – 8:00am All Level ----- <b>MC FUNDAMENTALS</b> 6:00 – 7:30 pm Back Mount Counters 40: Early Escape	31 7:00 – 8:30 pm Back Mount Sub Counters	1 6:00 – 7:30 pm No-Gi Back Mount Sub Counters	2 12:00 – 1:00 pm Back Mount Sub Counters ----- 6 – 7pm GC RD (no-gi): Guard Sweeps	3 11:30 am – 1:00pm <b>MC FIGHT SIMULATION</b> Back Mount Sub Counters

**MC ADVANCED:** Up-tempo, Drilling & Sparring. Open to all Levels Combatives Belt and up

**MC FUNDAMENTALS:** Blue Belt Stripe 1&2 curriculum Focus. Perfect for Combatives Belts

**MC FIGHT SIMULATION:** Self-Defense, Street Application 6oz (MINIMUM) Gloves Required, no MMA GLOVES (Gi/No Gi depending on class) Day will alternate each month.