



# MASTER CYCLE®

May 2024



- **No-Gi Training Attire:** During no-gi classes, students are required to wear Gracie Fight Shorts or gi pants, and a navy blue or black Gracie Academy t-shirt. Students are allowed to wear a gi. All students must wear their belts to no-gi classes. Tank tops, rash guards, ripped t-shirts, or shirts with any other logos are not allowed.
- **Fight Simulation Classes:** In order to participate in this class, participants must have 16-18 oz. blue boxing gloves and a mouth guard. Sharing of boxing gloves is not allowed.
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Side mount Review BBS1 - Side Mount Controls Gi	30 Side mount review BBS1 - Side Mount Escapes Gi	1 Side Mount Review BBS1 - Side Mount Submissions Gi	2 Side Mount Review BBS1 - SM Submission Counters Gi	3	4 Fundamentals – Back Mount Control No-Gi, Fight Sim
<b>Side mount review</b>					
6 Side Mount Review BBS2 - Side Mount Escapes Gi Fight Sim	7 Side Mount Review BBS2 - Side Mount Controls Gi	8 Side Mount Review BBS2 – Submission Counters Gi	9 Side Mount Review BBS2 - - Side Mount Submissions Gi	10	11 Fundamentals – Leg Locks: Straight Foot locks No-Gi
<b>Side Mount Review</b>					
13 BBS1 - Lesson 19: Knee Split Pass Gi Fight Sim	14 Reflex Development (Side Mount Focus)	15 BBS1 Lesson 20: Standing Pass No-Gi	16 BBS2 Lesson 20: Standing Knee Split Gi	17	18 Fundamentals – Standing: Front Attack Defenses
<b>Ch 3.2: Guard Passes</b>					
20 BBS2 Lesson 21: Same Side Control Gi Fight Sim	21 Reflex Development (Freestyle)	22 BBS1 Lesson 22: Butterfly Guard No-gi	23 BBS2 Lesson 23: Spider Guard Gi	24	25 Fundamentals – Mount: Escapes
<b>Ch3.2 guard passes</b>					
27 Memorial Day	28 BBS1 Lesson 17: Posture Prevention	29 Outside training event - Street cloths	30 BBS1 Lesson 18: Pass Prevention Gi	31	1 Fundamentals – Side Mount: Escapes
<b>Ch 3.1 guard controls</b>					

\*Class Schedule Subject to Change.