



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
Side mount review					
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
Side Mount Review					
13 BBS1 Lesson 17: Posture Prevention Gi Fight Sim	14 Reflex Development (Side Mount Focus)	15 BBS1 Lesson 18: Pass Prevention No-Gi	16 BBS2 Lesson 18: Hazel Counters Gi	17	18 Fundamentals – Standing: Front Attack Defenses
Ch 3.1: Guard Controls					
20 BBS2 Lesson 19: Open Guard Connections Gi Fight Sim	21 Reflex Development (Freestyle)	22 BBS1 Lesson 19: Knee Split Pass No-gi	23 BBS1 Lesson 20: Standing Pass Gi	24	25 Fundamentals – Mount: Escapes
Ch3.1 Guard controls & 3.2 Guard Passes					
27 Memorial Day No classes	28 Open board meeting at DCC No classes	29 Lesson 20: Standing Knee Split Gi	30 Lesson 21: Same Side Control Gi	31	1 Fundamentals – Side Mount: Escapes
Ch 3.2 guard controls					

*Class Schedule Subject to Change.