



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
June 22 - 27	2.3 Side Mount Submissions
June 29 – July 4	2.4 Side Mount Submission Counters *Closed July 3 & 4 for Independence Day
July 6 - 11	3.1 Guard Controls
July 13 – 18	3.2 Guard Passes
July 20 - 25	3.3 Guard Submission
July 27 – August 1	3.4 Guard Submission Counters
August 3 - 8	3.5 Guard Sweeps
August 10 - 15	3.4 Guard: Sport Guards
August 17 - 22	4.1 Half Guard Bottom Strategies
August 24 - 29	4.2 Half Guard Top Strategies

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00a – 9:45a MC Technique (Gi)
	12:00p – 12:45p MC Technique (Gi)			12:00p – 12:45p MC Technique (Gi)	
		6:00p – 6:45p MC Technique (Gi)	6:00p-6:45p MC Technique (Gi)		
7:00p-7:45p MC Technique (Gi)				7:00p-7:45p MC Technique (Gi)	

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