



## THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus	Self Defense Focus	Fundamentals Focus
JUNE 16 - 21	3.5 GUARD: SPORT GUARDS	FRONT ATTACKS	HALF GUARD
JUNE 23 - 28	3.6 GUARD: SWEEPS	FRONT ATTACKS	BACK MOUNT
JUNE 30 – JUL 5	3.6 GUARD: SWEEPS	REAR ATTACKS	LEG LOCKS
JULY 7 - 12	3.6 GUARD: SWEEPS	REAR ATTACKS	STANDING
JULY 14 - 19	CHAPTER REVIEW: GUARD	WEAPON DEFENSES	MOUNT
JULY 21 - 26	4.1 HALF GUARD: BOTTOM STRATEGY	WEAPON DEFENSES	SIDE MOUNT
JULY 28 – AUG 2	4.1 HALF GUARD: BOTTOM STRATEGY	TAKEDOWNS	GUARD
AUG 4 - 9	4.2 HALF GUARD: TOP STRATEGY	TAKEDOWNS	HALF GUARD

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

**HOLIDAY CLOSURE JULY 3, 4 AND 5**

- **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.
- **MC Fundamentals:** If you're new to the Master Cycle or **HAVE EARNED AT LEAST 3 STRIPES ON YOUR WHITE BELT** or you simply want to sharpen your fundamentals, these Master Cycle classes are for you! Each week we focus on the core offensive and defensive objectives from a different position to help you with the transition from Gracie Combatives into the Master Cycle. During the sparring portion, we teach training etiquette and clarify the goals from each position to help build your comfort and confidence with free rolling.
- **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.

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45PM – 6:45PM		MCF 6:45PM – 7:30PM MC 7:00PM – 8:00PM	6:45PM – 7:30PM NO GI SPAR	5:00PM – 5:45PM GI SPAR	11:15AM – 12:15PM