



Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
January 5-8	Guard Submissions	Tuesday	Mount
January 12-15	Guard Submissions	Tuesday	Side Mount
January 19-22	Guard Submission Counters	Tuesday	Guard
January 26-29	Guard Submission Counters	Tuesday	Half Guard
February 2-5	Guard Review	Wednesday	Back Mount
February 12-15	Half Guard Controls	Wednesday	Leg Locks
February 19-22	Half Guard Controls	Wednesday	Standing
February 26-29	Half Guard Escapes	Wednesday	Mount

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

• **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.

• **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.

Monday	Tuesday	Wednesday	Thursday
8:00 PM	8:00 PM	6:00 PM	7:00 PM
Master Cycle Fundamentals	No-Gi Technique and Spar	Gi Technique and Spar	Gi Technique and Spar