

MASTER CYCLE®

Date	Positional Chapter Focus: Standing	GU Lesson #	Positional Focus
August 4	Gun and Knife Defense	BBS1 Lessons 55 & 56	Fight Sim Weapon Defenses
August 5	Takedown Chain	BBS1 Lesson 59	Clinch/Takedowns
August 6	Single Leg Takedowns	BBS2 Lesson 57	Clinch/Takedowns
August 7	Double Leg Counter/Single Leg Counter	BBS1 Lesson 60 BBS2 Lesson 57	Clinch/Takedowns
August 11	Striking Basics/Standing Review	BBS1-3	Fight Sim/Rear Attack Defenses
August 12	Standing Review	BBS1-3	Front Attack Defenses
August 13	Standing Review	BBS1-3	Weapon Defenses
August 14	Standing Review	BBS1-3	Takedowns and Defenses
August 18	Surprise Rolls and Elbows	BBS1 Lesson 3 and 4	Fight Sim/Mount Escapes
August 19	Shadow Counters	BBS3 Lesson 4	Mount Escapes
August 20	Hip Thrust Escapes	BBS2 Lesson 4	Mount Escapes
August 21	Back Door Escape	BBS3 Lesson 3	Mount Escapes
August 25	Modified Mount Escapes	BBS2 Lesson 3	Fight Sim/Mount Escapes
August 26	Forced Heel Drag	BBS4 Lesson 2	Mount Escapes
August 27	Pressure Prevention	BBS4 Lesson 3	Mount Escapes
August 28	Super Hooks	BBS1 Lesson 1	Mount Controls

*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.

Mondays: 8:00 No Gi Fight Simulation Sparring Gloves and Mouth Guard

Tuesdays: 8:00pm Gi

Wednesdays: 6:00

Thursdays: 7:00 Gi

Saturdays: 11:00 am Open Mat (Gi or no gi, Gracie training gear required) No attendance credit

Check Combatives calendar to see when we are having Saturday classes. Not all Saturdays are in session