

MASTER CYCLE®

Date	Positional Chapter Focus: Leg Locks	GU Lesson #	Positional Focus
June 2	Back Mount Review	BBS1-3	Back Mount Submission Counters
June 3	Quick Drop Straight Ankle Lock/Ankle Hook Entry	BBS1 Lesson 42 BBS3 Lesson 39	Straight Foot Locks
June 4	Straight Foot Locks, Butterfly Guard Setup	BBS2 Lesson 41	Straight Foot Locks/Fight Sim
June 5	Standard Toe Hold	BBS1 Lesson 44	Toe Holds
June 9	Diving Toe Hold	BBS2 Lesson 43	Toe Holds
June 10	Quick Catches	BBS3 Lesson 41	Toe Holds
June 11	Reverse Drop Knee Lock	BBS1 Lesson 46	Knee Locks/Fight Sim
June 12	Reverse Cross Chest	BBS2 Lesson 45	Knee Locks
June 16	Top Half Setups	BBS3 Lesson 43	Knee Locks
June 17	Standard/Inverted Heel Hook	BBS1 Lesson 48 BBS2 Lesson 47	Heel Hooks
June 18	Heel Hook Connections	BBS3 Lesson 45	Heel Hooks/Fight Sim
June 19	Primary Counters	BBS1 Lesson 43	Straight Foot Lock Counters
June 23	Standing Counters	BBS2 Lesson 42	Straight Foot Lock Counters
June 24	Belly Down Counters	BBS3 Lesson 40	Straight Foot Lock Counters
June 25	No Class		
June 26	Primary Counter/Diving Counters	BBS1 Lesson 45 BBS2 Lesson 44	Toe Hold Counters
June 30	Quick Catch Counters	BBS3 Lesson 42	Toe Hold Counters

*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 Gi

Tuesdays: **1:00pm Gi MC Fundamentals** 8:00pm Gi

Wednesdays: 6:00 No Gi Fight Simulation Sparring Gloves and Mouth Guard

Thursdays: 7:00 Gi

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

No Open Mat June 14