



Week of	Positional Chapter Focus	Fight Simulation Day	Monday Fundamentals Focus
June 29-July 2	Mount Controls	No Fight Sim	Back Mount
July 6-9	Mount Controls	Tuesday	Leg Locks
July 13-16	Mount Escapes	Tuesday	Standing
July 20-23	Mount Escapes	Tuesday	Mount
July 27-30	Mount Escapes	Tuesday	Side Mount
August 3-6	Mount Submissions	Wednesday	Guard
August 10-13	Mount Submissions	Wednesday	Half Guard
August 17-20	Mount Submission Counters	Wednesday	Back Mount
August 24-27	Mount Submission Counters	Wednesday	Leg Locks

*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

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Closed July 22-24 Summer Break

