

MASTER CYCLE®

Date	Positional Chapter Focus: Guard	GU Lesson #	Positional Focus
March 3	Wrist Control Sequence	BBS1 Lesson 24	Guard Submissions
March 4	Triple Threat	BBS1 Lesson 25	Guard Submissions
March 5	Omo-plata	BBS2 Lesson 26	Guard Submissions
March 6	Triangle Mastery BBS2 Lesson 27/ No Gi Fight Sim		
March 8	Open Mat 11:00am-12:00pm		
March 10	Triangle Mastery Continued	BBS2 Lesson 27	Guard Submissions
March 11	Arm Crush	BBS3 Lesson 24	Guard Submissions
March 12	Overhook Series	BBS3 Lesson 25	Guard Submissions
March 13	Straight Armlock Counters BBS1 Lesson 22/ No Gi Fight Sim		
March 15	Open Mat 11:00am-12:00pm		
March 17	Triangle Choke Counters	BBS1 Lesson 21 BBS2 Lesson 24	Guard Submission Counters
March 18	Kimura Counters	BBS1 Lesson 23	Guard Submission Counters
March 19	Lapel Choke Counters	BBS2 Lesson 25	Guard Submission Counters
March 20	Guillotine Counters BBS3 Lesson 22/ No Gi Fight Sim		
March 22	Open Mat 11:00am-12:00pm		
March 24	Omo-plata Counters	BBS3 Lesson 23	Guard Submission Counters
March 25	Guard Review	Passes	Guard Submission Counters
March 26	Guard Review	Controls	Guard Submission Counters
March 27	Guard Review Combination/ No Gi Fight Sim		
March 29	Open Mat 11:00am-12:00pm		
March 31	Guard Review	Submissions	Guard Submission 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: 8:00 Gi

Wednesdays: 7:00

Thursdays: 7:00 Gi No Gi Fight Simulation Sparring Gloves and Mouth Guard

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