

- **No-Gi Training Attire:** During no-gi classes, students are required to wear Gracie brand rash guard, shorts, and spats. All students must wear their belts to no-gi classes.
- **Focused Sparring Class:** In order to participate in this class, participants must have 5.5 oz. blue striking gloves and a mouth guard. Sharing gloves is not allowed.
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Rapid Mastery 5:15-6:15pm	Sept 1	2 Focused Sparring 7:15-8:15pm	3	4	5 MC Fundamentals Guard Focus 11-12
Chapter 3.3 – Guard Submission Counters – Triangle Choke (Phase 1: Technique)					
7 Labor Day CLOSED	8	9 Focused Sparring 7:15-8:15pm (no-gi)	10	11	12 Gracie Game Day
Chapter 3.3 – Guard Submission Counters – Straight Armlock (Phase 1: Technique)					
14 Rapid Mastery 5:15-6:15pm	15	16 Focused Sparring 7:15-8:15pm (no-gi)	17	18	19 MC Fundamentals Half-Guard 11-12
Chapter 3.3 – Guard Submission Counters – Kimura (Phase 1: Technique)					
21 Rapid Mastery 5:15-6:15pm	22	23 Focused Sparring 7:15-8:15pm (no-gi)	24	25	26 MC Fundamentals Back Mount 11-12
Chapter 3.4 – Guard Submissions – Wrist Control Sequence (Phase 1: Technique)					
28 Rapid Mastery 5:15-6:15pm	29	30 Focused Sparring 7:15-8:15pm (no-gi)	Oct 1	2	3 MC Fundamentals Leg Lock Focus 11-12
Chapter 3.4 – Guard Submissions – Triple Threat (Phase 1: Technique)					
5 Rapid Mastery 5:15-6:15pm	6	7 Focused Sparring 7:15-8:15pm (no-gi)	8	9	10 MC Fundamentals Standing Focus 11-12
Chapter 3.5 – Guard Sweeps – Scissor Sweep (Phase 1: Technique)					
12 Columbus Day CLOSED	13	14 Focused Sparring 7:15-8:15pm (no-gi)	15	16	17 MC Fundamentals Mount Focus 11-12
Chapter 3.5 – Guard Sweeps – Cross Sweep (Phase 1: Technique)					
19 Rapid Mastery 5:15-6:15pm	20	21 Focused Sparring 7:15-8:15pm (no-gi)	22	23	24 MC Fundamentals Side Mount 11-12
Chapter 3.6 – Sport Guards – Butterfly Guard (Phase 1: Technique)					
26 Rapid Mastery 5:15-6:15pm	27	28 Focused Sparring 7:15-8:15pm (no-gi)	29	30	31 MC Fundamentals Guard Focus 11-12
Chapter 3.6 – Sport Guards – Spider Guard (Phase 1: Technique)					