

2018

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	27	28	29	30	31	01	02
				10:00 - 12:00 Open Mat Supreme Martial Arts		Gracie CPT- 09.30 Combatives 10.30 FREE M/Cycle 11:00 OPEN MAT	
Week 1	03 18:15 - 19:00 Combatives - 19:30 Reflex 20:45 Master Cycle	04 18:30 - 19:30 BBS1 Lesson 20: Standing Pass (Jonathan & Dino)	05 19:00 - 20:45 Competition Class	06 Gracie CPT 18:15 - 19:15 90 Minute Roll	07	08 10:00 - 12:00 Open Mat Supreme Martial Arts	09
Week 2	10 18:15 - 19:00 Combatives - 19:30 Reflex 20:45 Master Cycle	11 18:30 - 19:30 BBS1 Lesson 21: Triangle Choke (Kean & Anthony)	12 19:00 - 20:45 Competition Class	13 18:30 - 19:30 BBS1 Lesson 22: Straight Armlock (Kalvin & Kyle)	14	15 Gracie CPT- 09.30 Combatives 10.30 FREE M/Cycle 11:00 OPEN MAT	16
Week 3	17 18:15 - 19:00 Combatives - 19:30 Reflex 20:45 Master Cycle	18 18:30 - 19:30 BBS1 Lesson 23: Kimura (Leon & Tian)	19 19:00 - 20:45 Competition Class	20 18:30 - 19:30 BBS1 Lesson 24: Wrist Control Sequence (Dino & Kean)	21	22 10:00 - 12:00 Open Mat Supreme Martial Arts	23
Week 4	24 18:15 - 19:00 Combatives - 19:30 Reflex 20:45 Master Cycle	25 18:30 - 19:30 BBS1 Lesson 25: Triple Threat (Anthony & Kalvin)	26 18:30 - 19:30 Open Mat (Let's Roll) @ CJA (Tentative)	27 18:30 - 19:30 BBS1 Lesson 26: Scissor Sweep (Kyle & Leon)	28	29 Gracie CPT- 09.30 Combatives 10.30 FREE M/Cycle 11:00 OPEN MAT	30
	01 18:15 - 19:00 Combatives - 19:30 Reflex 20:45 Master Cycle	02 18:30 - 19:30 BBS1 Lesson 27: Cross Sweep (Jonathan & Tian)	03 Competition Classes 19:00 - 20:45	04 Gracie CPT 18:15 - 19:15 90 Minute Roll	05	06	07

The Seven Chapters of Master Cycle (Blue Belt Stripe 1 Course)

	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Guard	6. Legs Locks	7. Standing
Sections	Controls	Controls	Controls	Bottom Strategies	Controls	Straight Foot Lock	Front Attack Defence
	Escapes	Escapes	Passes	Tap Strategies	Submissions	Toe Hold Foot Lock	Rear Attack Defence
	Submissions	Submissions	Submissions		Submission Counters	Knee Lock	Weapon Defence
	Submission Counters	Submission Counters	Submission Counters			Heel Hooks	Clinch & Takedowns
			Sweeps				
			Sport Guards				

Gracie Visits	Supreme Visits	CJA Visits
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