

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
May 1-4	3.4: Guard: Submissions, Guard Sweeps	Monday	2. Side Mount
May 6-11	3.5: Guard: Guard Sweeps, Sport Guards, Deep Half Guard bottom	Saturday	3. Guard
May 13-18	4.1 Half Guard: Z-Half Guard, Deep Half Passes, Z-Half Guard Passes	Saturday	4. Half Guard
May 20-25	5.1: No-gi Turtle Chokes, Belly Down Back Mount, Closed Memorial Day Weekend Sat May 25	Saturday	5. Back Mount
May 27- June 1	5.2: The Twister, 5.3: Tripe Threat Counters, Belly Down Escape	Saturday	6. Leg Locks
June 3-5	6.1: Ankle Hook Entry, Straight Foot Looks, Sat June 8 <sup>th</sup> Self-Defense Seminar 10:00am-12:15pm	Wednesday	7. Standing
June 10-15	6.1: Quick Catches, 6.2: Knee Locks Quick Catch Counters, Top Half Setups	Wednesday	1. Mount
June 17-22	6.3: Counters, 6.4: Heel Hook Connections, Donkey Kick	Wednesday	2. Side Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00p-8:30p MC Sparring (No-gi)		7:00p-8:30p MC Sparring (Gi)	6:00p-7:00p RD (Gi)	6:00p-7:00p MC Fundamentals (Gi)	9:00a – 10:00a MC Technique & Spar (Gi)

\*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.
- MC Fundamentals:** If you're new to the Master Cycle or you simply want to sharpen your fundamentals, these Master Cycle classes are for you! Each week we focus on the core offensive and defensive objectives from a different position to help you with the transition from Gracie Combatives into the Master Cycle. During the sparring portion, we teach training etiquette and clarify the goals from each position to help build your comfort and confidence with free rolling.
- 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.