



# MASTER CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 4 - 9	5.3 Back Mount: Submission Counters	<b>*Thursday</b>	7. Standing
March 11 - 16	5.3 Back Mount: Submission Counters	Thursday	1. Mount
March 18 - 23	5.3 Back Mount: Submission Counters	Thursday	2. Side Mount
March 25 - 30	Chapter Review: Back Mount	Thursday	3. Guard
April 1 - 6	6.1 Leg Locks: Straight Foot Locks	<b>*Monday</b>	4. Half-Guard
April 8 - 13	6.1 Leg Locks: Straight Foot Locks	Monday	5. Back Mount
April 15 - 20	6.1 Leg Locks: Straight Foot Locks	Monday	6. Leg Locks
April 22 - 27	6.2 Leg Locks: Toe Hold Foot Locks	Monday	7. Standing
April 29 - May 4	6.2 Leg Locks: Toe Hold Foot Locks	Monday	1. Mount

2024 Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00a – 10:00a MC Tech & Spar (No-Gi)
<b>6:30p – 7:30p</b> MC Technique (No-Gi)		<b>6:30p – 7:30p</b> MC Technique (Gi)	<b>7:30p-8:30p</b> MC Technique (No-Gi)	<b>7:30p-8:30p</b> <u>MC Fundamentals</u> (Gi)	
<b>7:30p-8:00p</b> MC Sparring (No-Gi)	<b>8:30p – 9:30p</b> MC Tech & Spar (Gi)	<b>7:30p-8:00p</b> MC Sparring (Gi)	<b>8:30p-9:00p</b> MC Sparring (No-Gi)		

\*Class schedule subject to change based on holidays and special events.

- **Training Attire:** Only white Gracie Jiu-Jitsu gis permitted. For No-gi classes, please wear a Gracie Jiu-Jitsu Dry Fit t-shirt or rashguard along with white gi pants or Gracie Jiu-Jitsu fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in No-gi classes **OR** respective Rank Rashguards.
- **MC Fundamentals:** Beginning January 2023, if you're new to the Master Cycle or you simply want to sharpen your fundamentals, these MC 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 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, & a mouth guard to participate. Student safety and collaboration is the top priority in this class. **\*To provide all students this important training, the Fight Simulation Sparring Day of the Week changes every month.**
- **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.