

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
June 9 – 15	7.4 Clinch/Takedowns	Tuesday	7. Standing
June 16 – 22	7.4 Clinch/Takedowns	Tuesday	1. Mount
June 23 – 29	1.2 Mount: Escapes <b>June 23-24 -&gt; NO CLASSES</b>	Thursday	2. Side Mount
June 30 – July 6	1.2 Mount: Escapes <b>July 6 -&gt; OPEN MAT</b>	Thursday	3. Guard
July 7 – 13	1.2 Mount: Escapes	Thursday	4. Half Guard
July 14 – 20	1.1 Mount: Controls	Thursday	5. Back Mount
July 21 – 27	1.1 Mount: Controls	Friday	6. Leg Locks
July 28 – August 3	1.3 Mount: Submissions <b>August 3 -&gt; OPEN MAT</b>	Friday	7. Standing
August 4 – 10	1.3 Mount: Submissions	Friday	1. Mount

Master Cycle Weekly Schedule*						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:15 – 13:15</b> MC Technique + Sparring (Gi)				<b>12:15 – 13:15</b> MC Technique + Sparring (No-Gi)		
			<b>18:30 – 19:30</b> MC - LEG LOCKS MASTERY			
	<b>19:15 – 20:15</b> Reflex Development Class (GC/MC)	<b>19:30 – 20:30</b> MC Fundamentals (Gi)	<b>19:30 – 20:30</b> MC Technique + Sparring (Gi)			
	<b>20:15 – 21:15</b> MC Technique (No-Gi)	<b>20:30 – 21:00</b> MC Focus Sparring + Sparring (Gi)	<b>20:30 – 21:00</b> OPEN MAT (Gi)			

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

- **Training Attire:** Only white Gracie University/Sobukai gis permitted. **No-Gi Training Attire:** During no-gi classes, students are required to wear [Gracie/Sobukai Fight Shorts](#) or [gi pants](#), and a [Gracie/Sobukai dry-fit shirt](#) or [Gracie/Sobukai rashguard](#). Students are allowed to wear a gi. All students must wear their belts to no-gi classes. **Tank tops, ripped t-shirts, or shirts with any other logos are not allowed.**
- **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 [Gracie/Sobukai 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.