

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 16 – 22	5.2 Back Mount: Submissions	Friday	3. Guard
March 23 – 29	5.3 Back Mount: Submission Counters	Friday	4. Half Guard
Mar 30 – April 5	5.3 Back Mount: Submission Counters Friday 3 April -> NO CLASS	Monday	5. Back Mount
April 6 – 12	6.1 Leg Locks: Straight Foot Locks Sunday 12 April -> OPEN MAT 14:30 – 16:30	Monday	6. Leg Locks
April 13 – 19	6.2 Leg Locks: Toe Hold Foot Locks	Monday	7. Standing
April 20 – 26	6.3 Leg Locks: Knee Locks	Monday	1. Mount
April 27 – May 3	6.4 Leg Locks: Heel Hooks Friday 1 May -> NO CLASS Sunday 3 May -> OPEN MAT 14:30 – 16:30	Thursday	2. Side Mount
May 4 – 10	7.1 Standing: Front Attack Defenses	Thursday	3. Guard
May 11 – 17	7.2 Standing: Rear Attack Defenses	Thursday	4. Half Guard

Master Cycle Weekly Schedule*						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		12:15 – 13:15 MC Technique + Sparring (Gi)		12:15 – 13:15 MC Technique + Sparring (No-Gi)		
			18:30 – 19:30 MC - LEG LOCKS MASTERY			
18:45 – 19:45 Reflex Development Class (GC/MC)		19:15 – 20:45 MC Fundamentals + Focus Sparring (Gi)	19:30 – 21:00 MC Technique + Sparring (Gi)			
19:45 – 21:15 MC Technique + Sparring (No-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.