

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
April 7 – 13	6.2 Leg Locks: Toe Hold Foot Locks & Counters	Friday	5. Back Mount
April 14 – 20	6.3 Let Locks: Knee Locks & Counters Friday 18 -> NO CLASS	Friday	6. Leg Locks
April 21 – 27	6.4 Leg Locks: Heel Hooks & Counters	Friday	7. Standing
April 28 – May 4	7.1 Standing: Front Attack Defenses May 1 -> NO CLASS	Monday	1. Mount
May 5 – 11	7.1 Standing: Front Attack Defenses	Monday	2. Side Mount
May 12 – May 18	7.2 Standing: Rear Attack Defenses May 17 -> FREE SEMINAR W/SAM FERNADEZ	Monday	3. Guard
May 19 – 25	7.2 Standing: Rear Attack Defenses	Monday	4. Half Guard
May 26 – June 1	7.3 Standing: Weapon Defenses	Tuesday	5. Back Mount
June 2 – 8	7.3 Standing: Weapon Defenses	Tuesday	6. Leg Locks

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