

# MASTER CYCLE®

| Week of           | Positional Chapter Focus                                                    | Fight Simulation Day | Fundamentals Focus |
|-------------------|-----------------------------------------------------------------------------|----------------------|--------------------|
| August 4 - 9      | 4.1 Half Guard: Bottom Strategies                                           | <b>Tuesday</b>       | 1. Mount           |
| August 11 - 16    | 4.1 Half Guard: Bottom Strategies                                           | Tuesday              | 2. Side Mount      |
| August 18 - 23    | 4.2 Half Guard: Top Strategies                                              | Tuesday              | 3. Guard           |
| August 25 - 30    | 4.2 Half Guard: Top Strategies                                              | Tuesday              | 4. Half Guard      |
| September 1 - 6   | 4.2 Half Guard: Top Strategies<br><b>*GU Closed on 9/1 (Labor Day)</b>      | <b>Wednesday</b>     | 5. Back Mount      |
| September 8 - 13  | Chapter Review: Half Guard                                                  | Wednesday            | 6. Leg Locks       |
| September 15 - 20 | 5.1 Back Mount: Controls<br><b>*11am Class Cancelled on 9/15 (GMD)</b>      | Wednesday            | 7. Standing        |
| September 22 - 27 | 5.1 Back Mount: Controls                                                    | Wednesday            | 1. Mount           |
| Sept 29 - Oct 4   | 5.1 Back Mount: Controls<br><b>*11am Class Cancelled on 10/2 (SafeWrap)</b> | <b>Thursday</b>      | 2. Side Mount      |

| Master Cycle Weekly Schedule*                 |                                                  |                                           |                                                     |                                                   |                                                   |
|-----------------------------------------------|--------------------------------------------------|-------------------------------------------|-----------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| Monday                                        | Tuesday                                          | Wednesday                                 | Thursday                                            | Friday                                            | Saturday                                          |
|                                               | <b>7:00a – 8:30a</b><br>MC Technique & Spar (Gi) |                                           | <b>7:00a – 8:30a</b><br>MC Technique & Spar (No-gi) |                                                   |                                                   |
|                                               |                                                  |                                           |                                                     |                                                   | <b>9:00a – 10:00a</b><br>MC Technique & Spar (Gi) |
| <b>12:00p – 1:00p</b><br>MC Technique (No-gi) | <b>11:00a – 12:00p</b><br>MC Technique (Gi)      |                                           | <b>11:00a – 12:00p</b><br>MC Technique (No-gi)      | <b>12:00p – 1:00p</b><br>MC Fundamentals (Gi)     |                                                   |
| <b>1:00p-1:30p</b><br>MC Sparring (No-gi)     | <b>12:00p – 12:30p</b><br>MC Sparring (Gi)       |                                           | <b>12:00p-12:30p</b><br>MC Sparring (No-gi)         | <b>1:00p-1:30p</b><br>MC Positional Sparring (Gi) |                                                   |
|                                               |                                                  |                                           |                                                     |                                                   |                                                   |
| <b>6:30p – 7:30p</b><br>MC Technique (No-gi)  |                                                  | <b>6:30p – 7:30p</b><br>MC Technique (Gi) | <b>7:30p-8:30p</b><br>MC Technique (No-gi)          | <b>7:30p-8:30p</b><br>MC Fundamentals (Gi)        |                                                   |
| <b>7:30p-8:00p</b><br>MC Sparring (No-gi)     | <b>8:30p – 9:30p</b><br>MC Technique & Spar (Gi) | <b>7:30p-8:00p</b><br>MC Sparring (Gi)    | <b>8:30p-9:00p</b><br>MC Sparring (No-gi)           | <b>8:30p-9:00p</b><br>MC Positional Sparring (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.