MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
October 12 - 17	2.3 Side Mount: Submissions	**Monday**	3. Guard
October 19 - 24	2.4 Side Mount: Submission Counters	Monday	4. Half Guard
October 26 - 31	2.4 Side Mount: Submission Counters	Monday	5. Back Mount
November 2 - 7	2.4 Side Mount: Submission Counters	**Tuesday**	6. Leg Locks
November 16 - 21	Chapter Review: Side Mount	Tuesday	7. Standing
November 23 - 28	3.1 Guard: Controls **GU Closed 11/26 - 11/28 for Thanksgiving**	Tuesday	1. Mount
Nov 30 - Dec 5	3.1 Guard: Controls	**Wednesday**	2. Side Mount
December 7 - 12	3.1 Guard: Controls **Winter Belt Ceremony @7PM - 9PM**	Wednesday	3. Guard
December 14 - 19	3.2 Guard: Passes	Wednesday	4. Half Guard

Master Cycle Weekly Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00a – 8:30a MC Technique & Spar (Gi)		**7:00a – 8:30a** MC Technique & Spar (No-gi)		
					9:00a – 10:00a MC Technique & Spar (Gi)
12:00p – 1:00p MC Technique (No-gi)	**11:00a – 12:00p** MC Technique (Gi)		**11:00a – 12:00p** MC Technique (No-gi)	**12:00p – 1:00p** MC Fundamentals (Gi)	
1:00p - 1:30p MC Sparring (No-gi)	**12:00p – 12:30p** MC Sparring (Gi)		**12:00p - 12:30p** MC Sparring (No-gi)	**1:00p - 1:30p** MC Positional Sparring (Gi)	
6:30p – 7:30p MC Technique (No-gi)		**6:30p – 7:30p** MC Technique (Gi)	**7:30p - 8:30p** MC Technique (No-gi)	**7:30p - 8:30p** MC Fundamentals (Gi)	
7:30p - 8:00p MC Sparring (No-gi)	**8:30p – 9:30p** MC Technique & Spar (Gi)	**7:30p - 8:00p** MC Sparring (Gi)	**8:30p - 9:00p** MC Sparring (No-gi)	**8:30p - 9:00p** 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 with this important training, the Fight Simulation Sparring day of the week changes every month. Student safety and collaboration are the top priorities 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.