

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day
June 13 - 18	5.3 Back Mount: Submission Counters 11AM CLASSES CANCELLED (GST)	Thursday
June 20 - 25	5.3 Back Mount: Submission Counters	Thursday
June 27 – July 2	Chapter Review: Back Mount	Saturday
July 4 - 9	CLOSED FOR SUMMER BREAK	Saturday
July 11 - 16	6.1 Leg Locks: Straight Foot Locks	Saturday
July 18 - 23	6.1 Leg Locks: Straight Foot Locks 9AM CLASS CANCELLED ON SATURDAY (ICP)	Saturday
July 25 - 30	6.1 Leg Locks: Straight Foot Locks	Saturday
August 1 - 6	6.2 Leg Locks: Toe Hold Foot Locks 11AM CLASSES CANCELLED (BULLYPROOF CAMP)	Monday
August 8 - 13	6.2 Leg Locks: Toe Hold Foot Locks	Monday

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 rashguard 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! We slow things down and focus almost exclusively on the Blue Belt Stripe 1 (BBS1) curriculum. Then, during the sparring portion, we teach training etiquette and positional objectives 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.
- **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.