MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sep 21 - 26	Chapter 7.3: Weapon Defenses	**Wednesday**	Chapter 1: Mount
Sep 28 - Oct 3	Chapter 7.4: Clinch/Takedowns	Wednesday	Chapter 2: Side Mount
Oct 5 - 10	Chapter 7.4: Clinch/Takedowns	**Thursday**	Chapter 3: Guard
Oct 12 - 17	Chapter 7: Standing Review	Thursday	Chapter 4: Half Guard
Oct 19 - 24	Chapter 7: Standing Sparring	Thursday	Chapter 5: Back Mount
Oct 26 - 31	Chapter 1.1: Mount Escapes	Thursday	Chapter 6: Leg Locks
Nov 2 - 7	Chapter 1.2: Mount Controls	**Monday**	Chapter 7: Standing
Nov 9 - 14	Chapter 1.3: Mount Submissions	Monday	Chapter 1: Mount
Nov 16 - 21	Chapter 1.4: Mount Sub. Counters	Monday	Chapter 2: Side Mount

*Class schedule subject to change based on holidays and special events.

Master Cycle Weekly Schedule*					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					8:00a – 9:00a MC Fundamentals (Gi)
	6:30p – 7:30p MC Technique		**6:30p – 7:30p** MC Technique		
7:00p – 8:00p MC Technique	**7:30p – 8:00p** MC Technique & Spar (Gi)	**7:45p – 8:45p** MC Technique	**7:30p – 8:00p** MC Technique & Spar (Gi)		
8:00p-8:30p MC Sparring (No-gi)		**8:45p-9:15p** MC Sparring (No-gi)	**8:00p – 9:00p** Reflex Development		

- **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.