

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Mar 18 - 22	Side Mount: Controls	Wednesday	Monday - Leg Lock
Mar 25 - 29	Side Mount: Controls	Wednesday	Monday - Standing
Apr 1 - 5	Side Mount: Escapes	Wednesday	Monday - Self Defense
Apr 8 - 12	Side Mount: Escapes	Wednesday	Monday - Mount
Apr 15 - 19	Side Mount: Submissions	Wednesday	Monday - Side Mount
Apr 22 - 26	Side Mount: Submissions	Wednesday	Monday - Guard
Apr 29 - May 3	Side Mount: Submission Counters	Wednesday	Monday - Half Guard
May 6 - 10	Side Mount: Submission Counters	Wednesday	Monday - Back Mount
May 13 - 17	Side Mount: Review Week	Wednesday	Monday - Leg Lock

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

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

- **Training Attire:** Only white Gracie University Gi's 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, rash guards, 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.