MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Oct 5 - 10	Back Mount: Submissions	Wednesday	Tuesday - Guard
Oct 12 - 17	Back Mount: Submissions + Submission Counters	Wednesday	Tuesday - Half Guard
Oct 19 - 24	Back Mount: Submission Counters	Wednesday	Tuesday - Back Mount
Oct 26 - 31	Back Mount: Submission Counters	Wednesday	Tuesday - Leg Locks
Nov 2 - 7	Back Mount: Review Week	Wednesday (Flashy/Trashy)	Tuesday - Standing
Nov 9 - 14	Leg Locks: Straight Ankle Locks	Thursday	Tuesday - Self Defense
Nov 16 - 21	Leg Locks: Toe Hold Foot Locks	Thursday	Tuesday - Mount
Nov 30 - Dec 5	Leg Locks: Knee Locks	Thursday	Tuesday - Side Mount
Dec 7 - 12	Leg Locks: Heel Hooks	Thursday	Tuesday - Guard

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

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

- **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.
- **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. Gracie sparring gloves and a mouthguard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes with each chapter. 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 consistent attendance and a minimum of 100 classes (including 10 Reflex Development classes and 10 Fight Sim classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.