

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 15 - 19	Mount: Controls	Monday	Friday - Back Mount
Jan 22 - 26	Mount: Controls	Monday	Friday - Leg Lock
Jan 29 - Feb 2	Mount: Escapes	Monday	Friday - Standing
Feb 5 - 9	Mount: Escapes	Monday	Friday - Self Defense
Feb 12 - 16	Mount: Submissions	Monday	Friday - Mount
Feb 19 - 23	Mount: Submissions	Monday	Friday - Side Mount
Feb 26 - Mar 1	Mount: Submission Counters	Monday	Friday - Guard
Mar 4 - 8	Mount: Submission Counters	Monday	Friday - Half Guard
Mar 11 - 15	Mount: Review Week	Monday	Friday - Back Mount

*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 Fight Sim		8:30p – 9:15p MC Technique (Gi)	7:45p-8:30p MC Technique (Gi)	7:00p – 7:45p MC Fundamentals (Gi)	
8:30p-9:15p Fight Sim Sparring		9:15p – 9:45p MC Sparring (Gi)	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.