

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Mar 13 - 17	1.1 Side Mount: Controls	Thursday	
Mar 20 - 24	1.2 Side Mount: Escapes	Thursday	
Mar 27 - 31	1.3 Side Mount: Submissions	Thursday	Wednesday - Mount
Apr 3 - 7	1.3 Side Mount: Submissions	Thursday	Wednesday - Side Mount
Apr 10-14	1.4 Side Mount: Submission Counters	Thursday	Wednesday - Guard
Apr 17 - 21	Side Mount Review Week	Thursday	Wednesday - Half Guard
<b>Apr 24 - 28</b>	<b>1.1 Guard: Controls</b>	<b>Friday</b>	<b>Thursday - Leg Locks</b>
May 1 - 5	1.2 Guard: Passes	Friday	Thursday - Standing
May 8-12	1.2 Guard: Passes	Friday	Thursday - Mount

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

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

- **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, 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.