MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Oct 5-10	**OPEN MAT – 7:00 PM** (Tues 10/6, supervised by Laura) — **NO CLASS – Instructor Training** (Thurs 10/8 – Sat 10/10)	No Fight Simulation this week	**NO CLASS – Instructor Training** (Fri 10/9)
Oct 12-17	**Tues:** O-goshi • **Thurs:** Uki Goshi • **Sat:** Review + BBS1 Mount (Gracie University)	Tuesday	3. Half Guard
Oct 19-24	**Tues:** L1 Super Hooks (Ch1.1) • **Thurs: NO CLASS – Instructor Out of Town** (Fri 10/23 & Sat 10/24)	Thursday	**NO CLASS – Instructor Out of Town** (Fri 10/23)
Oct 26-31	**Tues:** L2 High Mount (Ch1.1) • **Thurs:** L3 Surprise Rolls (Ch1.2) • **Sat:** Week review	Tuesday	4. Back Mount
Nov 2-7	**Tues:** L4 Surprise Elbows (Ch1.2) • **Thurs:** L5 Americana Armlock (Ch1.3) • **Sat:** Week review	Thursday	5. Leg Locks
Nov 9-14	**Tues:** L6 Straight Armlock (Ch1.3) • **Thurs:** L7 Twisting Arm Control (Ch1.3) • **Sat:** Week review	Tuesday	6. Standing
Nov 16-21	**Tues:** L8 Neck-hug Sequence (Ch1.4) • **Thurs:** L9 Cross Choke Sequence (Ch1.4) • **Sat:** Week review	Thursday	1. Mount
Nov 23-28	**Tues 11/24:** L10 Control Flow (Ch2.1) • **CLOSED – Thanksgiving Holiday** (Thurs 11/26 – Sat 11/28)	Tuesday	**CLOSED – Thanksgiving Holiday** (Fri 11/27)
Nov 30-Dec 5	**Tues:** L11 Knee on Stomach (Ch2.1) • **Thurs:** L12 Bump and Shoot (Ch2.2) • **Sat:** Week review	Thursday	2. Guard

*Class schedule subject to change based on holidays and special events. Closed Wed 11/25 – Sat 11/28 for Thanksgiving.

Master Cycle Weekly Schedule*					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	7:00p-8:30p MC Sparring (No-gi)		**6:00p-7:00p** Reflex Development (Gi) **7:00p-8:30p** MC Sparring (Gi)	**6:00p-7:00p** MC Fundamentals (Gi)	**9:00a – 10:00a** MC Technique & Spar (Gi) – Weekly Review

Every Saturday class is a review class covering that week's highlighted techniques.

- **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 rotates between Tuesday and Thursday throughout the 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.