

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
May 12-17	Pendulum Sweep (Ch3.5: Guard Sweeps), Deep Half Guard (Ch4.1: Half Guard Bottom) & Z-Half Guard (Ch4.1: Half Guard Bottom)	Monday	3. Guard
May 19-24	Deep Half Passes (Ch4.2: Half Guard Top), Z-Half Passes (Ch4.2: Half Guard Top), & Double Weak Side (Ch5.1: Back Mount Controls)	Saturday	4. Half Guard
May 26-31	Belly Down Back Mount (Ch5.1: Back Mount Controls), No-gi Turtle Chokes (Ch5.2: Back Mount Submissions) & The Twister (Ch5.2: Back Mount Submissions)	Saturday	5. Back Mount
June 2-7	Triple Threat Counters (Ch5.3: Back Mount Submission Counters), Belly Down Escape (Ch5.3: Back Mount Submission Counters) & Ankle Hook Entry (Ch6.1: Straight Foot Locks)	Saturday	6. Leg Locks
June 9-14	Belly Down Counters (Ch6.1: Straight Foot Locks), Quick Catches (Ch6.2: Toe Hold Foot Locks) & Quick Catch Counters (Ch6.2: Toe Hold Foot Locks)	Saturday	7. Standing
June 16-21	Top Half Setups (Ch6.3: Knee Locks), Top Half Counters (Ch6.3: Knee Locks) & Heel Hook Connections (Ch6.4: Heel Hooks)	Wednesday	1. Mount
June 23-28	Donkey Kick (Ch6.4: Heel Hooks), One-handed Attack Defense (7.1: Front Attack Defenses) & Two-handed Collar Grab Defense (7.1: Front Attack Defenses)	Wednesday	2. Side Mount
June 30-July 5	Headlock Defense (7.1: Front Attack Defenses), Kick Defense (7.1: Front Attack Defenses) & Guillotine Defense (7.1: Front Attack Defenses)	Wednesday	3. Guard

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

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

- **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 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.