

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sept 1-6 Closed Labor Day Sept 1	Throwing Techniques: Uchi- Mata, Uchi-Mata Combo sets, and Tomoe Nage	Monday	1. Mount
Sept 8-13	Tomoe Nage Variations, Combo sets, & Wall Takedowns	Saturday	2. Side Mount
Sept 15-20	Back Door Control 1.1 Mount Controls, & Heel Drag Counters	Saturday	3. Guard
Sept 22-27	Forced Heel Drag Mount Escapes, Pressure Prevention 1.2 Mount Escapes & Gi Choke Counters (1.3 Mount Submission Counters)	Saturday	4. Half Guard
Sept 29-Oct 4	Emergency Escapes 1.3 (Mount Submission Counters), Lapel Choke Series & Triangle Choke	Saturday	5. Back Mount
Oct 6-11	Back Door Control (2.1 Side Mount Controls), Ultimate Underhooks, & Cross Chest Counters	Wednesday	6. Leg Locks
Oct 13-18	Top Shoulder Roll & Guillotine Mastery	Wednesday	7. Standing
Oct 20-25	Review Week	Wednesday	1. Mount
Oct 27-Nov1	Side Mount Submissions, & Side Mount Submission Counters	Monday	2. Side Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30p-7:30p Judo Foundational Throwing Techniques (Gi)	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)

*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.