

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sept 1-5	One-arm Shoulder Throw (Ippon Seoi Nage) into Combinations (7.4: Clinch/Takedowns) — Sat review: entries, grip breaks & combinations	Tuesday	4. Back Mount
Sept 8-12	Review Week — Closed Mon 9/7 for Labor Day (review sessions Tues 9/8 – Sat 9/12) — Sat review: Arm Drags, Throwing Techniques, One-arm Shoulder Throw	Thursday	5. Leg Locks
Sept 15-19	Hip Sweep — Harai Goshi (7.4: Clinch/Takedowns), revisiting Fundamentals — Sat review: Harai Goshi entries & fundamentals	Tuesday	6. Standing
Sept 21-26	Harai Goshi Combinations (7.4: Clinch/Takedowns), revisiting Fundamentals — Sat review: Harai Goshi combinations, counters & follow-ups	Thursday	1. Mount
Sept 28-Oct 3	Standing Gracie Jiu-Jitsu Basics — grips, distance management & clinch entries — Sat review: Standing GJJ basics & throw review	Tuesday	2. Guard

*Class schedule subject to change based on holidays and special events. Closed Monday, September 7 in observance of Labor Day.

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.