

MASTER CYCLE®

Training Attire: Only white Gracie University gi is 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

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.

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

Week of	Positional Chapter Focus	Fight Sim Day
Aug 4-9	Chapter Review: Back Mount Controls and Escapes	Thursday
Aug 11-16	Chapter Review: Back Mount Submissions and Counters	Thursday
Aug 18-23	6.1 Straight Foot Locks BBS1 Lesson 42: Open Guard Setup BBS1 Lesson 43: Primary Counter	Thursday
Aug 25-30	6.1 Straight Foot Locks BBS2 Lesson 41: Butterfly Guard Setup BBS2 Lesson 42: Standing Counter	Thursday
Sept 1-6	6.1 Straight Foot Locks BBS3 Lesson 39: Ankle Hook Entry BBS3 Lesson 40: Belly Down Counters	Monday
Sept 8-13	6.2 Toe Hold Foot Locks BBS1 Lesson 44: Standard Toe Hold BBS1 Lesson 45: Primary Counter	Monday
Sept 15-20	6.2 Toe Hold Foot Locks BBS2 Lesson 43: Diving Toe Hold BBS2 Lesson 44: Diving Toe Hold Counters	Monday
Sept 22-27	6.2 Toe Hold Foot Locks BBS3 Lesson 41: Quick Catches BBS3 Lesson 42: Quick Catch Counters	Monday
Sept 29 - Oct 4	6.3: Knee Locks BBS1 Lesson 46: Reverse Drop BBS3 Lesson 47: Primary Counter	Monday

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00p – 1:00p MC Technique (Gi)	12:00p – 1:00p MC Technique (Gi)		12:00p – 1:00p MC Technique (Gi)	
7:00p – 8:00p MC Technique (No-gi)	7:00p – 8:00p MC Technique (Gi)		7:00p – 8:00p MC Technique (Gi)		1:00p – 2:00p MC Fundamentals (Gi)
8:00p-8:30p MC Sparring (No-gi)	8:00p-8:30p MC Technique & Spar (Gi)		8:00p-8:30p MC Sparring (No-gi)		