

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
June 2 - 7	5.1 Back Mount Controls **NO-GI ALL WEEK** BBS2 Lesson 35: Turtle Control BBS3 Lesson 34: Belly Down Back Mount	Monday
June 9 -14	5.1 Back Mount Controls BBS2 Lesson 36: Modified Back Mount BBS3 Lesson 33: Double Weak Side	Monday
June 16 - 21	5.2 Back Mount Submissions BBS1 Lesson 38: Choke Sequence BBS1 Lesson 39: Double Threat	Monday
June 23 - 27	5.2 Back Mount Submissions BBS2 Lesson 37: Reverse Triangle BBS2 Lesson 38: Clock Choke	Monday
June 30 – July 5	CLOSED FOR HOLIDAY WEEK	
July 7 - 12	5.2 Back Mount Submissions **NO-GI ALL WEEK** BBS3 Lesson 35: No-gi Turtle Chokes BBS3 Lesson 36: The Twister	Tuesday
July 14 - 19	5.3 Back Mount Submission Counters **NO-GI ALL WEEK** BBS1 Lesson 40: Early Escape BBS1 Lesson 41: Frame Escape	Tuesday
July 21 -26	5.3 Back Mount Submission Counters BBS2 Lesson 39: Lapel Choke Counters BBS2 Lesson 40: Turtle Escapes	Tuesday
July 28 – Aug 2	5.3 Back Mount Submission Counters BBS3 BBS3 Lesson 37: Triple Threat Counters BBS3 Lesson 38: Belly Down Escape	Tuesday

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)		