

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
Oct 6-11	6.3: Knee Locks BBS2 Lesson 45: Reverse Cross Chest Knee Lock BBS2 Lesson 46: Reverse Cross Chest Knee Lock Counters	Thursday
Oct 13-18	6.3: Knee Locks BBS3 Lesson 43: Top Half Setups BBS3 Lesson 47: Top Half Counters	Thursday
Oct 20-25	6.4: Heel Hooks BBS1 Lesson 48: Standard Heel Hook BBS1 Lesson 49: Primary Counter **October 25th : Regis Lebre Seminar, no MC**	Thursday
Oct 27-Nov 1	6.4: Heel Hooks BBS2 Lesson 47: Inverted Heel Hook BBS2 Lesson 49: Inverted Heel Hook Counters	Thursday
Nov 2-8	6.4: Heel Hooks BBS3 Lesson 45: Heel Hook Connections BBS2 Lesson 46: Donkey Kick	Monday
Nov 9-15	Chapter Review: Straight Foot Locks and Toe Holds	Monday
Nov 17-22	Chapter Review: Knee Locks and Heel Hooks	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)		