

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 1 – 7	5.1 Back Mount Controls	Wednesday	1. Mix
Jan 8 - 14	5.1 Back Mount Controls & 5.2 BM Submissions	Wednesday	1. Mix
Jan 15 - 21	5.2 Back Mount Submissions	Wednesday	2. Mix
Jan 22 - 28	5.3 Back Mount Submission Counters	Wednesday	3. Mix
Jan 29 – Feb 3	6.1 Straight Foot Locks	Wednesday	4. Mix
Feb 4 - 10	6.1 Straight Foot Locks & 6.2 Toe Holds	Wednesday	5. Mix
Feb 11 - 17	6.2 Toe Holds	Wednesday	6. Mix
Feb 18 - 24	6.3 Knee Locks	Wednesday	7. Mix

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					8:00a – 9:00a Fundamentals
7:30p-8:30p		7:30p-8:30p Fight Sim	7:30p-8:30p		

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

- **Training Attire:** Only white Gracie University gis permitted OR Bowie Jiu Jitsu Academy gi.
- **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.