MASTER CYCLE®

THU

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Nov 2 - 6	1.2 Mount: Escapes	Wednesday	7. Standing
Nov 9 - 13	1.2 Mount: Escapes	Wednesday	7. Standing
Nov 16 - 20	1.1 Mount: Controls	Wednesday	7. Standing
Nov 23 - 27	1.1 Mount: Controls **(CLOSED NOV 25-27 FOR THANKSGIVING BREAK)**	Wednesday	7. Standing
Nov 30 - Dec 4	1.1 Mount: Controls	Wednesday	7. Standing
Dec 7 - 11	1.1/1.2 Mount: Review	Wednesday	7. Standing
Dec 14 - 18	1.4 Mount: Submissions	Wednesday	7. Standing
Dec 21 - 25	**CLOSED FOR CHRISTMAS BREAK**	Wednesday	7. Standing
Dec 28 - Jan 1	1.4 Mount: Submissions **(CLOSED DEC 31 & JAN 1 FOR NEW YEARS)**	Wednesday	7. Standing

Master Cycle Weekly Schedule*					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
				6:00p-7:30p **(Every Fri except last)** MC Sparring (Gi)	
7:00p – 8:00p Reflex Development (Gi)	**7:00p – 8:00p** MC Fundamentals (Gi)	**7:00p – 8:00p** MC Technique (Gi)	**7:00p-8:00p** MC Technique (Gi)		
	8:00p-8:30p MC Sparring(Gi)	**8:00p-9:00p** Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)	**8:00p-8:30p** MC Sparring(Gi)		

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

- **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 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.

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