

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 16 – 21	Lesson 21: Triangle Choke Counters (Ch3.3: Guard Submission Counters)	Variable	• Review Week
March 23 – 38	Lesson 24: Wrist Control Sequence (Ch3.4: Guard Submissions)	Variable	1. Mount
March 30 – April 4	Lesson 29: Spider Guard (Ch3.6: Sport Guards)	Variable	2. Side Mount
April 6 - 11	Lesson 32: Elevator Sweep (Ch4.1: Half Guard Bottom)	Variable	3. Guard
April 13 - 18	Lesson 34: Sitting Pass (Ch4.2: Half Guard Top)	Variable	• Review Week
April 20 - 25	Lesson 35: Three-Quarter Guard Pass (Ch4.2: Half Guard Top)	Variable	4. Half Guard
April 27 – May 2	Lesson 39: Double Threat (Ch5.2: Back Mount Submissions)	Variable	5. Back
May 4 - 9	Lesson 42: Open Guard Setup (Ch6.1: Straight Foot Locks)	Variable	6. Standing/Fight Sim

Master Cycle Weekly Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00a – 9:00a Fundamental Focus
	12:00p – 1:00p Fundamental Focus	12:00p – 1:00p Reflex Development			
	1:00p – 1:30p MC Sparring				
5:45p – 6:45p MC Chapter Focus		7:00p – 8:00p MC/GC Focus	6:30p – 7:30p Fundamental Focus		
6:45p-7:15p MC Sparring	6:30p – 7:30p Reflex Development		7:30p-8:00p MC Sparring		

- **Training Attire:** Only white gis permitted. For no-gi classes, please wear a dry fit t-shirt or rashguards along with white gi pants or fight shorts. No t-shirts, loud colored rashguards, or non-fight 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.

