

# MASTER CYCLE®

| Week of                           | Positional Chapter Focus                                          | Fight Simulation Day                 | Fundamentals Focus                                          |        |                                    |
|-----------------------------------|-------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------------|--------|------------------------------------|
| July 6 - 11                       | Review Week                                                       | Variable                             | <ul style="list-style-type: none"><li>Review Week</li></ul> |        |                                    |
| July 13 – 15                      | Lesson 6: Cross Choke Counters (Ch1.3: Mount Submission Counters) | Variable                             | 1. Mount                                                    |        |                                    |
| July 20 – 24                      | Closed For Summer Holiday                                         | Variable                             | 2. Side Mount                                               |        |                                    |
| July 27 – August 1                | Lesson 7: High Mount Armlock (Ch1.4: Mount Submissions)           | Variable                             | 3. Guard                                                    |        |                                    |
| August 3- 8                       | Lesson 8: Arm Triangle (Ch1.4: Mount Submissions)                 | Variable                             | <ul style="list-style-type: none"><li>Review Week</li></ul> |        |                                    |
| August 10 - 15                    | Lesson 9: Shrimp Escape Prevention (Ch2.1: Side Mount Controls)   | Variable                             | 4. Half Guard                                               |        |                                    |
| August 17 – 22                    | Lesson 15: Knee on Stomach (Ch2.3: Side Mount Submissions)        | Variable                             | 5. Back                                                     |        |                                    |
| August 24 – 29                    | Lesson 17: Advanced Punch Block Series (Ch3.1: Guard Controls)    | Variable                             | 6. Standing/Fight Sim                                       |        |                                    |
| Master Cycle Weekly Schedule*     |                                                                   |                                      |                                                             |        |                                    |
| Monday                            | Tuesday                                                           | Wednesday                            | Thursday                                                    | Friday | Saturday                           |
|                                   |                                                                   |                                      |                                                             |        | 8:00a – 9:00a<br>Fundamental Focus |
|                                   | 12:00p – 1:00p<br>Fundamental Focus                               | 12:00p – 1:00p<br>Reflex Development |                                                             |        |                                    |
|                                   |                                                                   |                                      |                                                             |        |                                    |
|                                   |                                                                   |                                      |                                                             |        |                                    |
| 5:45p – 6:45p<br>MC Chapter Focus |                                                                   | 7:00p – 8:00p<br>MC/GC Focus         | 6:30p – 7:30p<br>MC Chapter Focus                           |        |                                    |
| 6:45p-7:15p<br>MC Sparring        | 6:30p – 7:30p<br>Reflex Development                               |                                      | 7:30p-8:00p<br>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.

