

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 19 – 24	Knee Split Pass (Ch3.2: Guard Passes)	Variable	• Review Week
Jan 26 – 31	Over-Under Pass (Ch3.2: Guard Passes)	Variable	1. Mount
Feb 2 - 7	Same Side Control (Ch3.2 Guard Passes)	Variable	2. Side Mount
Feb 9 - 14	Explosive Roll Counters (Ch1.1: Mount Controls)	Variable	3. Guard
Feb 16 - 21	Twisting Arm Control (Ch1.3: Mount Submission Counters)	Variable	• Review Week
Feb 23 - 28	Lapel Chokes (Ch2.3: Side Mount Submissions)	Variable	4. Half Guard
March 2 -7	Lapel Choke Counters (Ch2.4: SM Submission Counters)	Variable	5. Back
March 9 - 14	Open Guard Connections (Ch3.1: Guard Controls)	Variable	6. Standing/Fight Sim

## Master Cycle Weekly Schedule\*

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