

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus		
Oct 6 – 11	Lesson 26: Omoplata (Ch3.4: Guard Submissions)	Variable	Review Week		
Oct 13 – 18	Lesson 28: Sit-up Sweep (Ch3.5: Guard Sweeps)	Variable	1. Mount		
Oct 20 - 25	Lesson 30: X-Guard (Ch3.6: Sport Guards)	Variable	2. Side Mount		
Oct 27 – Nov 1	Half Guard Bottom (Low Pocket Control and Open Half Guard Sweeps) Sean’s Stuff	Variable	3. Guard		
Nov 3 – 8	Lesson 34: Reverse Half Guard Pass (Ch4.2: Half Guard Top)	Variable	Review Week		
Nov 10 – 15	Lesson 36: Modified Back Mount (Ch5.1: Back Mount Controls)	Variable	4. Half Guard		
Nov 17 – 22	Lesson 37: Reverse Triangle (Ch5.2: Back Mount Submissions)	Variable	5. Back		
Nov 24 – 29	Lesson 39: Lapel Choke Counters (Ch5.3: Back Mount Submission Counters)	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 Sparring				
5:45p – 6:45p Chapter Focus		7:00p – 8:00p Fundamental Focus	6:30p – 7:30p MC/GC Focus		
6:45p-7:15p Sparring	6:30p – 7:30p Reflex Development	8:00p-8:30p 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.

