

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
June 23 – 28	7.3 Weapon Defense – Knife Defense BBS1 Lesson 55	Variable	• Review Week
June 30 – July 5	7.3 Weapon Defense – Gun Defense BBS1 Lesson 56	Variable	1. Mount
July 7- 12	7.4 Clinch/Takedowns – Over/Under Takedowns BBS2 Lesson 59	Variable	2. Side Mount
July 14 – 19	7.4 Clinch/Takedowns – Advanced Clinch Entries BBS2 Lesson 60	Variable	3. Guard
July 21 – 26	1.1 Mount Controls – Explosive Roll Counters BBS2 Lesson 2	Variable	• Review Week
July 28 – Aug 2	1.2 Mount Escapes – Hip Thrust Escape BBS2 Lesson 4	Variable	4. Half Guard
Aug 4 - 9	1.3 Mount Submission Counters – Neck Hug Counters BBS2 Lesson 5	Variable	5. Back
Aug 11 – 16	1.4: Mount Submissions - Arm Triangle BBS2 Lesson 8	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 Reflex Development			11:00a – 12:00p Chapter Focus	
				12:00p – 12:30p 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 gi 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.

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