

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
April 28 – May 3	4.1 Half Guard Bottom Sweeps	Variable	• Review Week
May 5 - 10	4.2 Half Guard Top Passes	Variable	1. Mount
May 12- 17	5.1 Back Controls	Variable	2. Side Mount
May 19 – 24	5.2 Back Submissions	Variable	3. Guard
May 26 – 31	5.3 Back Submission Counters	Variable	• Review Week
June 2 – 7	6.1 and 6.2 Foot Locks and Counter	Variable	4. Half Guard
June 9 - 14	6.3 and 6.4 Heel Hooks and Counters	Variable	5. Back
June 16 – 21	7.1 Standing Surprise Attacks	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 – 11:45a Chapter Focus	
				11:45a – 12:15p 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 Gracie University gis permitted. For no-gi classes, please wear a Gracie University dry fit t-shirt or rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or 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.

