

MASTER CYCLE®

| Week of | Positional Chapter Focus | Fight Simulation Day | Fundamentals Focus |
|------------------|--|----------------------|-----------------------|
| May 11 – 16 | Lesson 44: Standard Toe Hold (Ch6.2: Toe Hold) | Variable | • Review Week |
| May 18 – 23 | Lesson 45: Primary Counter (Ch6.2: Toe Hold) | Variable | 1. Mount |
| May 25 – May 30 | Lesson 46: Reverse Drop (Ch6.3: Knee Locks) | Variable | 2. Side Mount |
| June 1 - 6 | Lesson 47: Primary Counter (Ch6.3: Knee Locks) | Variable | 3. Guard |
| June 8 - 13 | Lesson 4: Hip Thrust Escape (Ch1.2: Mount Escapes) | Variable | • Review Week |
| June 15 - 20 | SN - TAC Collar Choke Transitions and Ezekiel Transition | Variable | 4. Half Guard |
| June 22 – 27 | BBS2 - Lesson 11: Headlock Escapes 3 & 4 (Ch2.2: Side Mount Escapes) | Variable | 5. Back |
| June 29 – July 4 | BBS2 - Lesson 35: Turtle Control (Ch5.1: Back Mount Controls) | Variable | 6. Standing/Fight Sim |

Master Cycle Weekly Schedule*

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

