MASTER CYCLE

Week of	Positional Chapter Focus	Fight Sim/NoGi	Fundamentals Focus
Oct 26 – 31	Review Week	**Thursday**	• Review Week
Nov 2 – 7	Lesson 28: Butterfly Guard (Ch3.6: Sport Guards)	**Monday**	1. Mount
Nov 9 – 14	Lesson 32: Elevator Sweep (Ch4.1: Half Guard Bottom)	**Thursday**	2. Side Mount
Nov 16 – 21	Lesson 42: Open Guard Setup (Ch6.1: Straight Foot Locks and Counters)	**Monday**	3. Guard
Nov 23 – 28	Lesson 46: Reverse Drop (Ch6.3: Knee Locks)	**Thursday**	• Review Week
Nov 30 – Dec 5	Lesson 47: Primary Counter (Ch6.3: Knee Locks)	**Monday**	4. Half Guard
Dec 7 – 12	Lesson 3: Surprise Rolls (Ch1.2: Mount Escapes)	**Thursday**	5. Back
Dec 14 – 19	Lesson 4: Surprise Elbows (Ch1.2: Mount Escapes)	**Monday**	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			
5:45p – 6:45p MC Chapter Focus	**6:30p – 7:30p** Reflex Development		**6:30p – 7:30p** MC Chapter Focus		
6:45p-7:15p MC Sparring		**7:00p – 8:00p** MC/GC Focus	**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.

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