



# MASTER CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus	Self Defense Focus	Fundamentals Focus
APR 21 - 26	3.3 GUARD: SUBMISSIONS	WEAPON DEFENSES	HALF GUARD
APR 28 - MAY 3	3.3 GUARD: SUBMISSIONS	WEAPON DEFENSES	BACK MOUNT
MAY 5 - 10	3.3 GUARD: SUBMISSIONS	WEAPON DEFENSES	LEG LOCKS
MAY 12 - 17	3.4 GUARD: SUBMISSION COUNTERS	TAKEDOWNS	STANDING
MAY 19 - 24	3.4 GUARD: SUBMISSION COUNTERS	TAKEDOWNS	MOUNT
MAY 26 - 31	3.4 GUARD: SUBMISSION COUNTERS	THROWS	SIDE MOUNT
JUNE 2 - 7	3.5 GUARD: SPORT GUARDS	THROWS	GUARD
JUNE 9 - 14	3.5 GUARD: SPORT GUARDS	FRONT ATTACKS	HALF GUARD

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45PM - 6:45PM		MCF 6:15PM - 7:00PM MC 7:00PM - 8:00PM	6:45PM - 7:30PM NO GI SPAR	5:00PM - 5:45PM GI SPAR	11:15AM - 12:15PM

\*Class schedule subject to change based on holidays and special events.

**HOLIDAY CLOSURE ON MONDAY MAY 26<sup>TH</sup>, 2025**

- **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 **HAVE EARNED AT LEAST 3 STRIPES ON YOUR WHITE BELT** 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.