



MASTER CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus		Fundamentals Focus
SEPT 14 - 19	SIDEMOUNT: SUBMISSIONS		LEG LOCKS
SEPT 21 - 26	SIDEMOUNT: SUBMISSIONS		STANDING
SEPT 28 – OCT 3	SIDEMOUNT: SUBMISSIONS		MOUNT
OCT 5 - 10	SIDEMOUNT: SUBMISSIONS		SIDEMOUNT
OCT 12 - 17	SIDEMOUNT: SUBMISSIONS REVIEW		GUARD
OCT 19 - 24	SIDEMOUNT: SUBMISSION COUNTERS		HALF GUARD
OCT 26 - 31	SIDEMOUNT: SUBMISSION COUNTERS		BACK MOUNT
NOV 2 - 7	SIDEMOUNT: SUBMISSION COUNTERS		LEG LOCKS

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

- **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.

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45PM – 6:45PM GI TECHNIQUE / SPAR		MCF 6:45PM – 7:30PM GI SPAR 7:30PM – 8:00PM	5:45PM – 6:30PM GI TECHNIQUE 6:30PM – 7:00PM GI SPAR	5:30PM – 6:30PM NO GI / SPAR / FIGHT SIM	