

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus	Fight Simulation Day
Oct 19 - 24	2.1 Side Mount: Controls	Control Flow	Thursday
Oct 26-31	2.1 Side Mount: Controls	Knee on Stomach	Monday
Nov 2 - 7	2.2 Side Mount: Escapes	Bump and Shoot	Saturday
Nov 9 - 14	2.2 Side Mount: Escapes	High-low Guard	Thursday
Nov 16 - 21	2.3 Side Mount: Submissions	Americana Armlock	Monday
Nov 23 - 28	CLOSED (Thanksgiving) except for Monday	Special Class (Monday)	
Nov 30 – Dec 5	2.3 Side Mount: Submissions	Elbow Cup Armbar	Saturday
Dec 7 - 12	2.4 Side Mount: Submissions Counters	Safe Hands	Thursday
Dec 14 - 19	Side Mount Review		Monday
Dec 21 - 26	CLOSED (Winter Break) except for Monday	Special Class (Monday)	
Dec 28 – Jan 2	CLOSED (Winter Break) except for Saturday	Special Class (Saturday)	
Jan 4 - 9	Side Mount Review		Saturday
Jan 11 - 16	Side Mount Sparring		Thursday

*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.
- **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, 18oz boxing 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.