

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus	Fight Simulation Day
July 27 – Aug 1	1.1 Mount: Controls	Super Hooks	Monday
Aug 3 - 8	1.1 Mount: Controls	High Mount	Thursday
Aug 10 - 15	1.2 Mount: Escapes (CLOSED Aug 13)	Surprise Rolls	Saturday
Aug 17 - 22	1.2 Mount: Escapes	Surprise Elbows	Monday
Aug 24 - 29	1.3 Mount: Submissions Counters	Americana Armlock	Thursday
Aug 31 - 5	1.3 Mount: Submissions Counters	Armlock	Saturday
Sept 7 – 12	1.3 Mount: Submissions Counters	Twisting Arm Control	Monday
Sept 14 - 19	1.4 Mount: Submissions	Neck-hug Sequence	Thursday
Sept 21 - 26	1.4 Mount: Submissions	Cross Choke	Saturday
Sept 28 – Oct 3	Mount Review		Monday
Oct 5 - 10	Mount Review		Thursday
Oct 12 - 17	Mount Sparring		Saturday

*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.