

# MASTER CYCLE®

| Week of         | Positional Chapter Focus  | Fight Sim Day | MCF Mon    | MCF Weds   |
|-----------------|---|---------------|------------|------------|
| Dec 28 – Jan 3  | (7.1) Front Attack Defenses<br><b>(Wednesday, December 24- January 2)</b> | Saturday      | -          | -          |
| Jan 4 – Jan 10  | (7.1) Front Attack Defenses   | Saturday      | Guard      | Half Guard |
| Jan 11 – Jan 17 | (7.1) Front Attack Defenses   | Tuesday       | Back Mount | Leg Locks  |
| Jan 18 – Jan 24 | (7.2) Rear Attack Defenses  | Tuesday       | Standing   | Mount      |
| Jan 25 – Jan 31 | (7.2) Rear Attack Defenses  | Tuesday       | Side Mount | Guard      |
| Feb 1 – Feb 7   | (7.3) Weapon Defenses   | Thursday      | Half Guard | Back Mount |
| Feb 8 – Feb 14  | (7.3) Weapon Defenses   | Thursday      | Leg Locks  | Standing   |
| Feb 15 – Feb 21 | (7.3) Weapon Defenses<br><b>(Monday, February 16)</b>                     | Thursday      | -          | Mount      |
| Feb 22 – Feb 28 | (7.4) Clinch/Takedowns  | Saturday      | Side Mount | Guard      |

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

| Master Cycle Weekly Schedule*            |                                    |  |                                    |        |  |
|--|------------------------------------|--|------------------------------------|--------|--|
| Monday                                   | Tuesday                            | Wednesday                                | Thursday                           | Friday | Saturday                                 |
|  |                                    |  |                                    |        | 9:30a – 10:45a<br>MC Tech & Spar (No-Gi) |
|  |                                    |  |                                    |        |  |
| 7:15p – 8:15p<br>Reflex Development (Gi) |                                    |  |                                    |        |  |
| 8:15p – 9:15p<br>MC Fundamentals (Gi)    | 7:30p – 8:30p<br>MC Technique (Gi) | 8:15p – 9:15p<br>MC Fundamentals (No Gi) | 7:30p – 8:30p<br>MC Technique (Gi) |        |  |
|  | 8:30p – 9:00p<br>MC Spar (Gi)      |  | 8:30p – 9:00p<br>MC Spar (Gi)      |        |  |

- Master Cycle Fundamentals Class (MCF Class):** Once you've achieved 3 or 4 stripes on your White Belt and you want to learn the next set of techniques for your Jiu-Jitsu Journey, as well as adding some positional sparring, the Master Cycle Fundamentals Class (MCF) will get you to the next level. By organizing all of Gracie Jiu-Jitsu into seven positional chapters (Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, Standing), every week we will rotate through one of these chapters.
- No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard along with white Gracie gi pants or black Gracie fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- Street Sparring:** All students must have open-finger Gracie Sparring Gloves (5.5oz), and a mouth guard to participate in Street Sparring sessions. Remember, the designated Street Sparring day will alternate every two calendar months.
- Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5oz fight simulation gloves, and a mouth guard to participate.
- Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.
- Fight Sim Gloves:** Fight Sim Gloves are required for all classes now; Blue Gracie Gear gloves are necessary and should be brought to all classes and may be asked to be used during sparring.