

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 7 – Jan 13	Ch3.1: Guard Controls	Thursday	2- Side Mount
Jan 14 – Jan 20	Ch3.2: Guard Passes	Thursday	3 -Guard
Jan 21 – Jan 27	Ch3.4: Guard Submissions	Thursday	4-Half Guard
Jan 28 – Feb 3	Ch3.3: Guard Submission Counters	Thursday	5-Back Mount
Feb 4 – Feb 10	Ch3.5: Guard Sweeps	Thursday	6- Leg Locks
Feb 11 – Feb 17	Ch3.6: Sport Guards	Thursday	7-Standing
Feb 18 – Feb 24	Ch3.1: Guard Controls Review	Thursday	8- Combatives Review
Feb 25 – Mar 2	Ch3.2: Guard Passes Review	Thursday	1-Mount
Mar 3 – Mar 9	Ch3.4: Guard Submissions Review	Thursday	2- Side Mount
Mar 10 – Mar 16	Ch3.3: Guard Submission Counters Review	Thursday	3 -Guard
Mar 17 – Mar 23	Ch3.5: Guard Sweeps Review	Thursday	4-Half Guard
Mar 24 – Mar 30	Ch3.6: Sport Guards Review	Thursday	5-Back Mount

Master Cycle Weekly Schedule for January 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00p – 9:00p MC Technique (Gi)		8:00p-9:00p MC Technique (No-gi)	8:00p – 9:00p MC Fundamentals (Gi)		
9:00p-9:30p MC Sparring (Gi)		9:00p-9:30p MC Sparring (No-gi)	9:00p-9:30p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)		

*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 rash guards along with white gi pants or Gracie University fight shorts. No other t-shirts, rash guards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- **MC Fundamentals:** If you're new to the Master Cycle 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. Student safety and collaboration is the top priority in this class.