

MASTER CYCLE®

| Week of | Positional Chapter Focus | Fight Simulation Day | Fundamentals Focus |
|----------|--------------------------|----------------------|---------------------|
| March 30 | Ch3.5: Guard Sweeps | Monday | 4-Half Guard |
| April 6 | Ch3.5: Guard Sweeps | Monday | 5-Back Mount |
| April 13 | Ch3.6: Sport Guards | Monday | 6-Leg Locks |
| April 20 | Ch3.6: Sport Guards | Monday | 7-Standing |
| April 27 | Ch3 : Guard Review | Monday | 8-Combatives Review |

| Master Cycle Weekly Schedule for March 2024 | | | | | |
|--|---|-----------|---|--------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 8:00p-9:00p MC Technique (No-gi) | 8:00p – 9:00p MC Technique (Gi) | | 8:00p – 9:00p MC Technique (Gi) | | 11:00a – 12:00p GC- Reflex Development |
| 9:00p-9:30p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard) | 9:00p-9:30p MC Sparring (Gi) | | 9:00p-9:30p MC Sparring (Gi) | | 12:00p – 1:00p MC Fundamentals (Gi) |

*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.