# MASTER CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

| Week of | Positional Chapter Focus | Fight Sim Day | Fundamentals Focus |
|---|---|---|---|
| Nov 2 - 7 | 2.3 Side Mount: Submissions | ***Tuesday** | 5. Back Mount |
| Nov 9 - 14 | 2.3 Side Mount: Submission Counters | *Tuesday* | 6. Leg Locks |
| Nov 16 - 21 | 2.3 Side Mount: Submission Counters | *Tuesday* | 7. Standing |
| Nov 23 - 28 | 2.3 Side Mount: Submission Counters ***CLOSED Nov 26-28 Thanksgiving*** | *Tuesday* | |
| Nov 30 - Dec 5 | Chapter Review: Side Mount | ***Wednesday** | 1. Mount |
| Dec 7 - 12 | 3.1 Guard: Controls | *Wednesday* | 2. Side Mount |
| Dec 14 - 19 | 3.1 Guard: Controls | *Wednesday* | 3. Guard |
| Dec 21 - 26 | 3.1 Guard: Controls ***CLOSED Dec 24-Jan 2 for Winter Break*** | *Wednesday* | |
| Dec 28 - Jan 3 | 3.2 Guard: Passes ***We will reopen Mon, Jan. 4th, 2027!*** | | |

| 2025 Master Cycle Weekly Schedule* | | | | | |
|---|---|---|---|---|---|
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| | | | | | **9:00a – 10:00a**<br>MC Tech & Spar (No-Gi) |
| | | | | | |
| **6:30p – 7:30p**<br>MC Technique (No-Gi) | | **6:30p – 7:30p**<br>MC Technique (Gi) | | | |
| **7:30p-8:00p**<br>MC Sparring (No-Gi) | | **7:30p-8:00p**<br>MC Sparring (Gi) | **7:30p-8:30p**<br>MC Technique (No-Gi) | **7:30p-8:30p**<br>MC Fundamentals (Gi) | |
| | **8:30p – 9:30p**<br>MC Tech & Spar (Gi)<br>***TNT TUESDAYS!!*** | | **8:30p-9:00p**<br>MC Sparring (No-Gi) | | |

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

- **Training Attire:** Only white Gracie Jiu-Jitsu gis permitted. For No-gi classes, please wear a Gracie Jiu-Jitsu Dry Fit t-shirt or rashguard along with white gi pants or Gracie Jiu-Jitsu fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in No-gi classes ***OR*** respective Rank Rashguards.
- **MC Fundamentals:** Beginning January 2023, if you're new to the Master Cycle or you simply want to sharpen your fundamentals, these MC 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 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, & a mouth guard to participate. Student safety and collaboration is the top priority in this class. ****To provide all students this important training, the Fight Simulation Sparring Day of the Week changes every month.***
- **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.
- **TNT Tuesdays**: Beginning Sept. 3rd, 2024, we are launching TNT Tuesdays! To kick off the week with a little flare, every Tuesday you'll have the option to wear ***any gi and rash guard of your choice*** (instead of our usual Gracie gi) to Master Cycle class. Just make sure it is clean & suitable for training on the mats. Participation is entirely optional, but we'd love to see everyone get involved!