

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Mar 24 - 29	Mount: Mount Submissions	Friday	Thursday - Side Mount
Mar 31 - Apr 5	Mount: Mount Submission Counters	Friday	Thursday - Guard
Apr 7 - 12	Mount: Mount Submission Counters	Friday	Thursday - Half Guard
Apr 14 - 19	Mount: Review Week	Friday (Flashy/Trashy)	Thursday - Back Mount
Apr 21 - 26	Side Mount: Controls	Monday	Friday - Leg Locks
Apr 28 - May 3	Side Mount: Controls/Escapes	Monday	Friday - Standing
May 5 - 10	Side Mount: Escapes	Monday	Friday - Self Defense
May 12 - 17	Side Mount: Submissions	Monday	Friday - Mount
May 19 - 24	Side Mount: Submissions	Monday	Friday - Side Mount

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

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:45a-9:45a Sparring (No-Gi)
8:00p – 8:45p MC Technique	8:30p – 9:30p Reflex Development	8:30p – 9:15p MC Technique	7:00p - 7:45p MC Fundamentals	7:00p – 7:45p Fight Simulation (No-Gi)	
8:45p - 9:30p MC Sparring		9:15p – 9:45p MC Sparring	7:45p - 8:30p MC Sparring	7:45p – 8:30p Fight Simulation (No-Gi)	

- **Training Attire:** Only white Gracie University Gi's 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, rash guards, or shorts allowed.
- **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. Gracie sparring gloves and a mouthguard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes with each chapter. 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 consistent attendance and a minimum of 100 classes (including 10 Reflex Development classes and 10 Fight Sim classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.