

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Nov. 25 - 30	Leg Locks: Straight Foot Locks/Toe Holds	Wednesday	Monday - Side Mount
Dec. 2 - 7	Leg Locks: Toe Holds	Wednesday	Monday - Guard
Dec. 9 - 14	Leg Locks: Knee Locks	Wednesday	Monday - Half Guard
Dec. 16 - 21	Leg Locks: Knee Locks/Heel Hooks	Wednesday	Monday - Back Mount
Dec. 23 - 28	Closed for Winter Break*		
Dec. 30 - Jan. 4	Leg Locks: Heel Hooks	Wednesday	Monday - Leg Locks
Jan. 6 - 11	Leg Locks: Review Week	Wednesday	Monday - Standing
Jan 13 - 18	Standing: Front Attack Defenses	Thursday	Wednesday - Self Defense
November 18 - 23	Standing: Front Attack Defenses	Thursday	Wednesday - Mount

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

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

- **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.