

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
July 1-6	6.4: Donkey Kick: Heel Hooks, 7.1 Front Attack defenses, Two handed Collar Grab Defense	Monday	4. Half Guard
July 8-13	7.1 Headlock Defense, Kick Defense, Guillotine Defense	Saturday	5. Back Mount
July 15-20	7.2 Rear Grab Defenses, Closed Wed, July 17-Sat July 20.	Saturday	Closed for Instructor Re-Certification July 17-20
July 22-27	7.2: Rear Attack Defenses, 7.3 Weapon Defenses	Saturday	6. Leg Locks
July 29-Aug 3	7.4: Clinch Takedowns	Saturday	7. Standing
Aug 5-10	7.4: Wall Takedown, 1.1: Mount Controls	Wednesday	1. Mount
Aug 12-17	1.2: Mount Escapes, 1.3: Mount Submissions Counters	Wednesday	2. Side Mount
Aug 19-24	1.3: Mount Submissions Counters, 1.4: Mount Submissions	Wednesday	3. Guard

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00p-8:30p MC Sparring (No-gi)		7:00p-8:30p MC Sparring (Gi)	6:00p-7:00p RD (Gi)	6:00p-7:00p MC Fundamentals (Gi)	9:00a – 10:00a MC Technique & Spar (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 rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, 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. To provide all students this important training, the Fight Simulation Sparring day of the week changes every month. 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 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.