

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sept 2-7	1.3: Straight Armlock Counters, Twisting Arm Control Counters & Cross Choke Sequences	Monday	4. Half Guard
Sept 9-14	1.4: Neck hug Sequence Submission, Control Flow (Ch2.1: Side Mount Controls), Knee on Stomach (Ch2.1: Side Mount Controls)	Saturday	5. Back Mount
Sept 16-21	Bump and Shoot (Ch2.2: Side Mount Escapes), High-low Guard (Ch2.2: Side Mount Escapes), Americana Armlock (Ch2.3: Side Mount Submissions)	Saturday	6. Leg Locks
Sept 23-28	Elbow Cup Armbar (Ch2.3: Side Mount Submissions), Safe Hands (Ch2.4: Side Mount Submission Counters), Posture Prevention (Ch3.1: Guard Controls)	Saturday	7. Standing
Sept 30-Oct 5	Pass Prevention (Ch3.1: Guard Controls), Knee Split Pass (Ch3.2: Guard Passes), Standing Pass (Ch3.2: Guard Passes)	Saturday	1. Mount
Oct 7-12	Triangle Choke Counters (Ch3.3: Guard Submission Counters), Straight Armlock Counters (Ch3.3: Guard Submission Counters), Kimura Counters (Ch3.3: Guard Submission Counters)	Wednesday	2. Side Mount
Oct 14-19	Wrist Control Sequence (Ch3.4: Guard Submissions), Triple Threat (Ch3.4: Guard Submissions), Scissor Sweep (Ch3.5: Guard Sweeps)	Wednesday	3. Guard
Oct 21-26	Cross Sweep (Ch3.5: Guard Sweeps), Butterfly Guard (Ch3.6: Sport Guards), Spider Guard (Ch3.6: Sport Guards)	Wednesday	4. Half Guard
Oct 28-Nov 2	Guard Recovery (Ch4.1: Half Guard Bottom), Take the Back (Ch4.1: Half Guard Bottom), Elevator Sweep (Ch4.1: Half Guard Bottom)	Monday	5. Back Mount

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-7:30p 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.