

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Class Closures/Other Notes
August 4 th	Back Mount Review Week	Saturday	
August 11 th	Straight Foot Locks (Submissions)	CLOSED	Closed Aug 17 th
August 18 th	Straight Foot Locks (Submission Counters)	CLOSED	Closed Aug 24 th (Gracie Game Day)
August 25 th	CLOSED	CLOSED	Closed Aug 29 th - Sept 2 nd (Labor Day)
September 1 st	Toe Hold Foot Locks (Submissions)	Saturday	Closed Aug 29 th - Sept 2 nd (Labor Day)
September 8 th	Toe Hold Foot Locks (Submission Counters)	Saturday	
September 15 th	Knee Locks (Submissions/Counters)	Saturday	
September 22 nd	Knee Locks (Submissions/Counters)	Saturday	
September 29 th	Heel Hooks (Submissions/Counters)	Saturday	
October 6 th	Leg Locks Review Week	Saturday	
October 13 th	CLOSED	CLOSED	Closed Oct 16 th - 20 th (Fall Break)
October 20 th	Back Attack Defenses	CLOSED	Closed Oct 26 th (Oktoberfest)
October 27 th	Rear Attack Defenses	Saturday	

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00a – 11:00a MC Technique (Gi)		
			11:00a – 11:30a Sparring (Gi)		12:15p – 1:15p MC Technique & Fight Sim (No-Gi)
					1:15p – 1:45p Sparring (Gi)
					3:00p – 5:00p Open Mat
				6:00p – 7:00p MC Technique (Gi)	
				7:00p – 7:30p Sparring (Gi)	
				7:30p – 8:30p Reflex Development	

*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, or rashguard 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.
- Fight Simulation:** In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have official 18 oz. gloves and a mouthguard to participate. 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 Fight Sim classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.