

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Class Closures/Other Notes
November 3 rd	Rear Attack Defenses	CLOSED	Closed Nov 9 th
November 10 th	Weapon Defenses	Saturday	
November 17 th	Clinch/Takedowns	Saturday	
November 24 th	CLOSED	CLOSED	CLOSED
December 1 st	Standing Review Week	Saturday	
December 8 th	Mount Controls	Saturday	
December 15 th	Mount Escapes	Saturday	
December 22 nd	CLOSED	CLOSED	CLOSED
December 29 th	Mount Submissions	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.