

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 6 – 12	Guard Submissions	Tuesday	1. Mount
Jan 13 - 19	Guard Submissions	Tuesday	2. Side Mount
Jan 20 - 26	Guard Submissions counters	Tuesday	3. Guard
Jan 27 - Feb 2	Guard Submissions counters	Thursday	4. Half Guard
Feb 3 - 9	Guard sweeps	Thursday	5. Back Mount
Feb 10 - 16	Guard sweeps	Thursday	6. Leg Locks
Feb 17 - 23	Sport Guards	Thursday	7. Standing
Feb 24 – 27	Sports Guard (CLOSED FROM 27th)	Thursday	7. Standing
Mar 3 - 9	CLOSED	Saturday	1. Mount
Mar 10 - 16	Review	Saturday	2. Side Mount
Mar 17 - 23	Review	Saturday	3. Guard
Mar 24 - 30	Sparing	Saturday	4. Half Guard

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30a – 11:30a MC Technique & Spar (Gi)			8:00a – 9:00a MC Technique & Spar (No-Gi)
	6:00p – 7:00p MC Technique (No-Gi)	6:30p – 7:30p Reflex Development	7:30p-8:30p MC Technique (Gi)		
	7:00p-7:30p MC Sparring (No-Gi)	7:30p-8:30p MC Fundamentals (Gi)	8:30p-9:00p MC Sparring (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 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.
- **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.