

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Sept 30 – Oct 5	6.2 Toe Hold	Variable	4. Half Guard
October 7 - 12	6.2 Toe Hold Counters	Variable	5. Back
October 14 – 19	6.3 Knee Locks	Variable	6. Leg Locks
October 21 - 26	6.3 Knee Lock Counters	Variable	7. Standing/ Fight Sim
Oct 28 – Nov 2	6.4 Heel Hooks	Variable	1. Mount
November 4 - 9	6.4 Heel Hook Counters	Variable	2. Side Mount
November 11- 16	7.1 Sucker Punch/Standing Headlock Defenses	Variable	3. Guard
November 18 – 23	7.2 Rear Choke / Pullback Rear Choke Defenses	Variable	4. Half Guard

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00a – 8:45a Fundamental Focus
				11:00a – 11:45a MC Fundamentals	
				11:45a – 12:15p MC Sparring	
5:45p – 6:45p MC Technique		7:00p – 8:00p MC Technique			
6:45p-7:15p Sparring		8:00p-8:30p Sparring			

- 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.