

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 3 - 8	3.1 Guard Controls	Variable	5. Back
March 10 - 15	3.2 Guard Passes	Variable	6. Standing/Fight Sim
March 17- 22	3.3 Guard Submission Counters	Variable	1. Mount
March 24 – 29	3.4 Guard Submissions	Variable	2. Side Mount
March 31 – April 5	3.5 Guard Sweeps	Variable	3. Guard
April 7 – 12	2.2 Side Mount Escapes	Variable	4. Half Guard
April 14 - 19	2.3 Side Mount Submissions	Variable	5. Back
April 21 – 26	2.4 Side Mount Submission Counters	Variable	6. Standing/Fight Sim

Master Cycle Weekly Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00a – 9:00a Fundamental Focus
	12:00p – 1:00p Reflex Development			11:00a – 11:45a Chapter Focus	
				11:45a – 12:15p Sparring	
5:45p – 6:45p Chapter Focus		7:00p – 8:00p Fundamental Focus	6:30p – 7:30p MC/GC Focus		
6:45p-7:15p Sparring	6:30p – 7:30p Reflex Development	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.

