



# MASTER

# CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
FEB 24 – MAR 1	2.3 SIDE MOUNT: SUBMISSION COUNTERS	WEDNESDAY	SIDE MOUNT
MAR 3 - 8	CHAPTER REVIEW: SIDE MOUNT	WEDNESDAY	GUARD
MAR 10 - 15	3.1 GUARD: CONTROLS	WEDNESDAY	HALF GUARD
MAR 17 - 22	3.1 GUARD: CONTROLS	WEDNESDAY	BACK MOUNT
MAR 24 - 29	3.1 GUARD: CONTROLS	WEDNESDAY	LEG LOCKS
MAR 31 – APR 5	3.2 GUARD: PASSES	WEDNESDAY	STANDING
APR 7 - 12	3.2 GUARD: PASSES	WEDNESDAY	MOUNT
APR 14 - 19	3.2 GUARD: PASSES	WEDNESDAY	SIDE MOUNT

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45PM – 6:45PM		MCF 6:15PM – 7:00PM MC 7:00PM – 8:00PM	6:45PM – 7:30PM NO GI SPAR	5:00PM – 5:45PM GI SPAR	11:15AM – 12:15PM

\*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 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 **HAVE EARNED AT LEAST 3 STRIPES ON YOUR WHITE BELT** 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.