

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
November 18 – 23	1.4 Mount: Submission Counters	Thursday	2. Side Mount
November 25 – 30	Chapter Review: Mount <b>*Closed Nov 28<sup>th</sup> – 30<sup>th</sup> (Thanksgiving)</b>		
December 2 – 7	2.1 Side Mount: Escapes	Friday	3. Guard
December 9 – 14	2.1 Side Mount: Escapes	Friday	4. Half Guard
December 16 – 21	2.1 Side Mount: Escapes	Friday	5. Back Mount
December 23 – 28	<b>*Closed Dec 23<sup>rd</sup> – Jan 1<sup>st</sup> (Christmas &amp; New Year)</b>		
Dec 30 – Jan 4	2.2 Side Mount: Controls <b>*Closed Dec 23<sup>rd</sup> – Jan 1<sup>st</sup> (Christmas &amp; New Year)</b>		6. Leg Locks
January 6 – 11	2.2 Side Mount: Controls	Tuesday	7. Standing
January 13 – 18	2.2 Side Mount: Controls	Tuesday	1. Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00a – 10:00a MC Technique & Spar (Gi)
12:00p – 1:00p MC Technique & Spar (No-gi)				12:00p – 1:00p MC Fundamentals & Positional Sparring (Gi)	
	7:00p – 8:00p MC Technique & Spar (Gi)		7:00p – 8:00p MC Technique & Spar (No-gi)		

\*Class schedule subject to change based on holidays and special events.

- 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.