

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 2	No Class		
March 9	Ch3.4: Guard Submissions	Monday	1-Mount
March 16	Ch3.4: Guard Submissions	Monday	2-Side Mount
March 23	Ch3.4: Guard Submissions	Monday	3-Guard
March 30	Ch3.4: Guard Submissions	Monday	4-Half Guard

Master Cycle Weekly Schedule for March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00p-9:00p MC Technique (No-gi)	8:00p – 9:00p MC Technique (Gi)		8:00p – 9:00p MC Technique (Gi)		11:00a – 12:00p GC- Reflex Development
9:00p-9:30p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)	9:00p-9:30p MC Sparring (Gi)		9:00p-9:30p MC Sparring (Gi)		12:00p – 1:00p MC Fundamentals (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 rash guards along with white gi pants or Gracie University fight shorts. No other t-shirts, rash guards, 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. Student safety and collaboration is the top priority in this class.