

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
November 4 - 9	3.4 Guard Submission Counters	Monday	1. Mount
November 11 - 16	3.4 Guard Submission Counters	Monday	2. Side Mount
November 18 - 23	3.5 Guard Sweeps	Monday	3. Guard
November 25 - 30	3.5 Guard Sweeps No Classes Nov 27 - 29	Monday	4. Half Guard
December 2 - 7	3.5 Guard Sweeps No Evening Classes Dec 2	Friday	5. Back Mount
December 9 - 14	3.5 Guard Sweeps	Friday	6. Leg Locks
December 16 - 21	3.6 Guard Sport Guards	Friday	7. Standing
December 23 - 28	No Classes Dec 23 - Jan 1	Friday	
Dec 30 - Jan 4	3.6 Guard Sport Guards No Classes Dec 30 - Jan 1	Friday	1. Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30a – 10:30a MC Technique & Spar
10:30a – 11:30a MC Technique				10:30a – 11:30a MC Technique	
11:30a-12:00p MC Sparring				11:30a-12:00p MC Sparring	
7:00p – 8:00p MC Technique				5:00p-6:00p MC Technique	
8:00p-8:30p MC Sparring		7:30p-8:30p MC Fundamentals & Spar		6:00p-6:30p MC Sparring	

*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 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.