

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jan 2 - 8	6.1 Leg Locks: Straight Foot Locks	Tuesday	3. Guard
Jan 9 - 15	6.1 Leg Locks: Straight Foot Locks	Tuesday	4. Half Guard
Jan 16 - 22	6.2 Leg Locks: Toe Hold Foot Locks	Tuesday	5. Back Mount
Jan 23 - 29	6.2 Leg Locks: Toe Hold Foot Locks	Tuesday	6. Leg Locks
Jan 30 - Feb 5	6.3 Leg Locks: Knee Locks	Wednesday	7. Standing
Feb 6 - 12	6.3 Leg Locks: Knee Locks	Wednesday	1. Mount
Feb 13 - 19	6.4 Leg Locks: Heel Hooks	Wednesday	2. Side Mount
Feb 20 - 26	6.4 Leg Locks: Heel Hooks SOBUKAI CLOSED FEB 24 (Independence Day)	Wednesday	3. Guard
Feb 27 - Mar 5	7.1 Standing: Front Attack Defenses	Thursday	4. Half Guard

Master Cycle Weekly Schedule*						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 – 13:00 MC Fundamentals (Gi)				12:00 – 13:00 MC Technique (No-Gi)		
13:00-13:30 MC Positional Sparring (Gi)				13:00 – 13:30 MC Sparring (No-Gi)		
			18:15 – 19:15 Reflex Development Class (GC/MC)			
	19:30 – 20:30 MC Technique (Gi)	19:30 – 20:30 MC Technique (No-Gi)	19:30 – 20:30 MC Technique (Gi)			
	20:30 – 21:00 MC Sparring (Gi)	20:30 – 21:00 MC Sparring (No-Gi)	20:30 – 21:00 MC Sparring (Gi)			

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

- Training Attire:** Only white Gracie University/Sobukai gis permitted. **No-Gi Training Attire:** During no-gi classes, students are required to wear [Gracie/Sobukai Fight Shorts](#) or [gi pants](#), and a [Gracie/Sobukai dry-fit shirt](#) or [Gracie/Sobukai rashguard](#). Students are allowed to wear a gi. All students **must** wear their belts to no-gi classes. **Tank tops, ripped t-shirts, or shirts with any other logos are not allowed.**
- 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.