

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
January 1 - 7	5.1 Back Mount: Controls January 1 NO CLASS	Friday	3. Guard
January 8 - 14	5.1 Back Mount: Controls	Friday	4. Half Guard
January 15 - 21	Free practice (Review Mount, Guard, Half-Guard)	Friday	5. Back Mount
January 22 - 28	Free practice (Review Mount, Guard, Half-Guard)	Friday	6. Leg Locks
Jan. 29 - Feb. 4	5.2 Back Mount: Submissions	Monday	7. Standing
February 5 - 11	5.2 Back Mount: Submissions	Monday	1. Mount
February 12 - 18	5.3 Back Mount: Submission Counters	Monday	2. Side Mount
February 19 - 25	5.3 Back Mount: Submission Counters	Monday	3. Guard
Feb. 26 - Mar. 3	6.1 Leg Locks: Submissions	Wednesday	4. Half Guard

Master Cycle Weekly Schedule*						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00 – 11:00 MC Fundamentals + Focus Sparring (Gi)				
				12:15 – 13:15 MC Technique + Sparring (No-Gi)		
			18:15 – 19:15 MC Fundamentals (Gi)			
19:45 – 20:45 MC Technique (Gi)	19:30 – 20:00 MC Technique BBS (Gi)	19:45 – 20:45 MC Technique (Gi)	19:20 – 20:20 Reflex Development Class (GC/MC)			
20:45 – 21:00 MC Sparring (Gi)	20:00 – 21:00 MC Sparring (Gi/No-Gi)	20:45 – 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.