

MASTER CYCLE®

Week of	Positional Chapter Focus	
October 31 – November 6	5.1 Back Mount; Controls	Tuesday – Sunday SIDE MOUNT
November 7 – 13	5.2 Back Mount; Submissions	Tuesday – Sunday GUARD
November 14 – 20	5.2 Back Mount; Submissions	Tuesday – Sunday HALF GUARD
November 21 – 27	5.3 Back Mount; Submission Counters	Tuesday – Sunday BACK MOUNT
November 28 – December 4	5.3 Back Mount; Submission Counters	Tuesday – Sunday LEG LOCKS
December 5 – 11	Chapter 5 Back Mount: REVIEW	Tuesday – Sunday STANDING
December 12 – 18	Chapter 5 Back Mount: REVIEW	Tuesday – Sunday MOUNT
December 19 – 25 (23-25 no class)	Ben Tippen's Back Mount Seminar Review	Tuesday – Sunday SIDE MOUNT
December 26 – January 1 2023	Ben Tippen's Leg Locks Seminar Review	Tuesday – Sunday GUARD

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	12:00 – 13:00 MC FUNDAMENTALS (Gi)			12:00 – 13:00 MC Technique (No-Gi)	12:00 – 13:00 MC FUNDAMENTALS (Gi)
	13:00 – 13:30 MC Sparring (Gi)			13:00 – 13:30 MC Sparring (No-Gi)	13:00 – 13:30 MC Sparring (Gi)
19:45 – 20:45 MC Technique (Gi)		18:15 – 19:15 MC Technique (Gi)	19:15 – 20:15 MC Technique (No-gi)		
20:45 – 21:15 MC Sparring (Gi)		19:15 – 19:45 MC Sparring (Gi)	20:15 – 20:45 Fight Simulation (No-gi) (Both Gloves & Mouth Guard)		
		20:00 – 21:00 Reflex Development			

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

- **No-Gi Training Attire:** During no-gi classes, students are required to wear **Gracie Fight Shorts** or **gi pants**, and a **navy blue or black Gracie Academy** or **Sobukai dry-fit shirt** or **Gracie 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.**
- **Fight Simulation Classes:** In order to participate in this class, participants **must** have **Gracie Sparring gloves**, and a **mouth guard**. **Sharing of boxing gloves is not allowed.**
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on a minimum attendance of 100 classes (including 10 RD classes and 10 FS classes) and at least eight months of regular training. Please keep in mind that these are minimum eligibility requirements and actual promotions are based on overall progress.
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.