

MASTER CYCLE®

Week of	Positional Chapter Focus
August 29 – September 4	3.3 Guard; Sweeps
September 5 – 11	Chapter 3 Guard: REVIEW Tuesday – Sunday MOUNT
September 12 – 18	Chapter 3 Guard: REVIEW Tuesday – Sunday SIDE MOUNT
September 19 – 25	4.1 Half Guard; Bottom Tuesday – Sunday GUARD
September 26 – October 2	4.1 Half Guard; Bottom Tuesday – Sunday HALF GUARD
October 3 – 9	4.2 Half Guard; Top Tuesday – Sunday LEG LOCKS
October 10 – 16	4.2 Half Guard; Top Tuesday – Sunday BACK MOUNT
October 17 – 23	Chapter 4 Half Guard: REVIEW Tuesday – Sunday STANDING
October 24 – 30	Chapter 4 Half Guard: REVIEW Tuesday – Sunday MOUNT

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.