

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus
Aug 1 – Aug 5	2.3 Side Mount: Submissions BBS1 L14	Back Mount
Aug 8 – Aug 12	2.3 Side Mount: Submissions BBS1 L15	Leg Locks
Aug 15 – Aug 19	2.3 Side Mount: Submissions BBS2 L13	Standing
Aug 22 – Aug 26	2.3 Side Mount: Submissions BBS2 L14	Mount
Aug 29 – Sept 2	2.4 Side Mount: Submissions BBS2 L15	Side Mount
Sept 5 – Sept 9	2.4 Side Mount: Submissions Counters BBS1 L16	Guard
Sept 12 – Sept 16	2.4 Side Mount: Submissions Counters BBS2 L16	Half Guard
Sept 19 – Sept 23	2.4 Side Mount: Submissions Counters BBS2 L17	Back Mount
Sept 26 – Sept 30	3.1 Guard: Controls BBS1 L17	Leg Locks

- **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. 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.