

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus
Nov 28 – Dec 2	3.2 Guard: Passes BBS2 L21	Standing
Dec 5 – Dec 11	3.3 Guard: Sub Counters BBS1 L21	Mount
Dec 7 – Dec 9	3.3 Guard: Sub Counters BBS1 L22	Side Mount
Dec 12 – Dec 16	3.3 Guard: Sub Counters BBS1 L23	Guard
Dec 19 – Dec 23	3.3 Guard: Sub Counters BBS2 L24	Half Guard
Dec 26 – Dec 30	Closed Merry Christmas Happy New Year	Closed
Jan 2 – Jan 6	3.3 Guard: Sub Counters BBS2 L25	Back Mount
Jan 9 – Jan 13	3.4 Guard: Submissions BBS1 L23	Leg Locks
Jan 16 – Jan 20	Closed Instructors at ICP	Closed

- **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.