

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus
Jan 31 – Feb 4	7.0 Standing Review	7.0 Standing Review
Feb 7 – Feb 11	1.2 Mount: Escapes	Mount
Feb 14 – Feb 18	1.2 Mount: Escapes	Side Mount
Feb 21 – Feb 25	1.2 Mount: Escapes	Guard
Feb 28 – Mar 4	1.1 Mount: Controls	Half Guard
Mar 7 – Mar 11	1.1 Mount: Controls	Back Mount
Mar 14 – Mar 18	1.1 Mount: Controls	Leg Locks
Mar 21 – Mar 25	1.3 Mount: Submissions	Standing
Mar 28 – Apr 1	1.3 Mount: Submissions	Mount

- **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.