

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus
Jan 30 – Feb 3	3.4 Guard: Submissions BBS2 L26	Mount
Feb 6 – Feb 10	3.4 Guard: Submissions BBS2 L27	Side Mount
Feb 13 – Feb 17	3.5 Guard: Sweeps BBS1 L26	Guard
Feb 20 – Feb 24	3.5 Guard: Sweeps BBS1 L27	Half Guard
Feb 27 – Mar 2	3.5 Guard: Sweeps BBS2 L28	Back Mount
Mar 5 – Mar 9	3.5 Guard: Sweeps BBS2 L29	Leg Locks
Mar 12 – Mar 16	4.1 Half Guard: Bottom BBS1 L30	Standing
Mar 19 – Mar 23	4.1 Half Guard: Bottom BBS1 L31	Mount
Mar 26 – Mar 30	4.1 Half Guard: Bottom BBS1 L32	Side 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.