

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals Focus
Jan 2 – Jan 6	3.3 Guard: Sub Counters BBS2 L24	Back Mount
Jan 9 – Jan 13	3.3 Guard: Sub Counters BBS1 L25 & BBS2 L25	Leg Locks
Jan 16 – Jan 20	Closed Instructors at Instructor Seminar	Closed
Jan 23 – Jan 27	3.4 Guard: Submissions BBS1 L24	Standing
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

- **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.