

MASTER CYCLE®

| Week of | Positional Chapter Focus | Fundamentals Focus |
|----------------------|-------------------------------------|--------------------|
| Apr 30 – May 4 | 4.2 Half Guard: Top BBS1 L34 | Standing |
| May 7 – May 11 | 4.2 Half Guard: Top BBS1 L35 | Mount |
| May 14 – May 18 | 4.2 Half Guard: Top BBS2 L33 | Side Mount |
| May 21 – May 25 | 4.2 Half Guard: Top BBS2 L34 | Guard |
| May 28 – June 1 | 4.0 Half Guard Review | Half-Guard |
| June 4 – June 8 | 4.0 Half Guard Review | Back Mount |
| June 11 – June 15 | 4.0 Half Guard Review | Leg Locks |
| June 18 – June 22 | 5.1 Back Mount: Control BBS1 L36 | Standing |
| June 25 – June 29 | 5.1 Back Mount: Control BBS1 L37 | 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.