

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
March 25 – 28	7.2 Standing Rear Attack Defenses (Easter – Closed 29th March to April 1st)	Wednesday	7. Standing
April 2 – 6	7.2 Standing Rear Attack Defenses	Wednesday	1. Mount
April 8 – 13	7.3 Standing Weapon Defenses	Wednesday	2. Side Mount
April 15 – 20	7.3 Standing Weapon Defenses	Wednesday	3. Guard
April 22 – 27	7.4 Standing Clinch & Takedowns (Anzac Day Public Holiday – Closed 25th April)	Wednesday	4. Half Guard
April 29 – May 4	7.4 Standing Clinch & Takedowns	Wednesday	5. Back Mount
May 6 – 11	1.1 Mount Escapes	Thursday	6. Half Guard
May 13 – 18	1.1 Mount Escapes	Thursday	7. Standing

Master Cycle Weekly Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00a – 10:00a MC Tech and Spar (Gi)
		11:30a – 12:30p MC Tech & Spar (Gi)			
	12:30p – 1:30p MC Tech & Spar Fundamentals (Gi)	12:30p – 1:30p GC Reflex Development	12:30p – 1:30p MC Tech & Spar (No-Gi)		
6:30p – 7:30p MC Technique (No-Gi)		6:30p-7:30p MC Technique (Gi)			
7:30p-8:00p MC Sparring (No-Gi)		7:30p-8:00p MC Sparring (Gi)	7:30p – 8:30p MC Technique (No-Gi)		
8:00p – 9:00p GC Reflex Development	8:00p – 9:00p MC Tech & Spar Fundamentals (Gi)		8:30p-9:00p MC Sparring (No-Gi)		

*Class schedule subject to change based on holidays and special events.

- **No-gi Attire:** Please wear a Gracie/Alavanca rash guard or dry fit t-shirt, shorts or white gi pants, and spats (optional).
- **MC Fundamentals:** If you're new to 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 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. To provide all students this important training, the Fight Simulation Sparring Day of the week changes every 2 months. Student safety and collaboration is the top priority in this class.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.