

MASTER CYCLE®

Week of	Positional Chapter Focus
Sept 29 - Oct 4	Leglocks: Straight Foot-locks Set-up, Finish and Counters (BBS1 L42 + L43)
Oct 6 - 11	Leglocks: Advanced Straight Foot-locks Set-up, Finish and Counters (BBS2 L41 + L42)
Oct 13 - 18	Leglocks: Toehold Set-up, Finish and Counters (BBS1 L44 + L45)
Oct 20 - 25	Leglocks: Advanced Toehold Set-up, Finish and Counters (BBS2 L43 + L44)
Oct 27 - Nov 1	Leglocks: Knee Lock Set-up, Finish and Counters (BBS1 L46 + L47)
Nov 3 - 8	Leglocks: Advanced Knee Lock Set-up, Finish and Counters (BBS2 L45 + L46)
Nov 10 - 15	Leglocks: Heel Hook Set-up, Finish and Counters (BBS1 L48 + L49)
Nov 17 - 22	Leglocks: Inverted Heel Hook Set-up, Finish and Counters (BBS2 L47 + L48)
Nov 24 - Nov 29	Legs: Retention/Control + Thanksgiving!

- **Gi and no-gi Training Attire:** Only white gis are permitted with dry-fit or rashguard beneath your gi top. For no-gi classes, please wear a dry-fit or rashguard along with white gi pants or fight shorts (spats are optional). No cotton t-shirts allowed.
- **Fight Simulation:** In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have open-finger sparring gloves (5.5oz.) and a mouth guard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes every 3 months. 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.

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00p-8:00p MC Technique and Spar (Gi)		5:00p-6:00p Reflex Development	7:00p - 8:00p MC Technique (No-gi)		9:00a - 10:00a MC Technique & Spar (Gi)
8:00p-8:30p Fight Simulation (Gi) (5.5oz Gloves/Mouth Guard)					

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

