

# MASTER CYCLE®

Week of	Positional Chapter Focus
July 29 - August 3	Half-Guard: Bottom (BBS1: 30 + 31 + 32)
August 5 - 10	Half-Guard: Bottom (BBS2 31 + 32)
August 12 - 17	Half-Guard: Top (BBS1: 33 + 34 + 35)
August 19 - 24	Half-Guard: Top (BBS2 33 + 34)
August 26 - 31	Half-Guard: Deep-Half Introduction
September 2 - 7	Back Mount: Control (BBS1: 36 + 37)
September 9 - 14	Back Mount: Control/Escape (BBS2: 35 + 36 and BBS1: 40)
September 16 - 21	Back Mount: Escape/Defense (BBS1: 41 and BBS2: 39 + 40)
September 23 - 28	Back Mount: Submissions (BBS1: 38 + 39 and BBS2: 38)

- 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
<b>7:00p-8:00p</b> MC Technique and Spar (Gi)		<b>5:00p-6:00p</b> MC Technique (No-gi)	<b>7:00p – 8:00p</b> Reflex Development		<b>9:00a – 10:00a</b> MC Technique & Spar (Gi)
		<b>6:00p-6:30p</b> Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)			

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

