

MASTER CYCLE®

Week of	Positional Chapter Focus
September 30 - October 5	Leg-Locks: Straight Foot Lock (BBS1: 42 + 43 and BBS2: 41)
October 7 - 12	Leg-Locks: Toe-Hold (BBS1: 44 + 45 and BBS2: 43)
October 14 - 19	Leg-Locks: Knee Lock (BBS1: 46 + 47 and BBS2: 45)
October 21 - 26	Leg-Locks: Heel Hook (BBS1: 48 + 49 and BBS2: 47)
October 28 - November 2	Leg-Locks: Other Leg Entanglements
November 4 - 9	Standing: Clinch/Control (BBS1: 57)
November 11 - 16	Standing: Takedowns (BBS1: 59 and BBS2: 57 + 59)
November 18 - 23	Standing: Defense (BBS1: 60 and BBS2: 58)
November 25 - 30	Standing: Street Defense (BBS1: 51 + 52 + 53)

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

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

