

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals
April 8 – April 13	3.5 Guard Sweeps	Mount
April 15 – April 20	3.6 Sport Guards	Side Mount
April 22 – April 27	4.1 Half Guard Bottom	Guard
April 29 – May 4	4.2 Half Guard Top	Half Guard
May 6 – May 11	5.1 Back Mount Controls	Back Mount
May 13 – May 18	5.2 Back Mount Submissions	Leg Locks
May 20 – May 25	5.3 Back Mount Submission Counters	Standing
May 27 – June 1	REVIEW/SPARRING	Mount
June 3 – June 8	6.1 & 6.2 Straight Footlocks/Primary Counters	Side Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00a – 12:00p NO-GI Fight Simulation
7:30p-8:30p MC TECH (Gi)	7:30p-8:30p MC Fundamentals	7:30p-8:30p MC TECH & Sparring (NO-Gi)			

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard (blue or black) along with white gi pants or black Gracie fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- **Street Sparring:** All students must have open-finger Gracie Sparring Gloves (5.5oz), and a mouth guard to participate in Street Sparring sessions. Remember, the designated Street Sparring day will alternate every two calendar months.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5oz. sparring gloves, 18oz. fight simulation gloves, and a mouth guard to participate.
- **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.