

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day
APR 1 – 4	6.2 Toe Hold Foot Locks	Friday
APR 8 – 12	6.3 Knee Locks	Friday
APR 15 – 19	6.3 Knee Locks	Friday
APR 22 – 26	6.4 Heel Hooks	Friday
APR 29 – MAY 3	6.4 Heel Hooks	Friday

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>7:00p – 8:00p</b> MC Technique		<b>7:00p – 8:00p</b> MC Technique	
	<b>8:00p – 8:30p</b> MC Sparring	<b>8:00p – 9:00p</b> Reflex Development	<b>8:00p – 8:30p</b> MC Sparring	<b>8:00p – 9:00p</b> MC Technique
				<b>9:00p – 9:30p</b> MC Sparring

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



- **Training Attire:** Only white Gracie University gis permitted. For no-gi classes, please wear a Gracie University rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- **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 month. 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.