

MASTER CYCLE®

*Students should bring gloves and mouthguards for fight sim & all MC classes. *Schedule is subject to change.

Week of Monday - Saturday	Positional Chapter Focus
November 4 - November 9	Standing Review
November 11 - November 16	Standing Review 11/11 No Class (Veterans Day)
November 18 - November 23	Standing Review
November 25 - November 30	Standing Review 11/28-11/30: No Class (Thanksgiving Holiday)
December 2 - December 7	Standing Review
December 9 - December 14	Standing Review
December 16 - December 21	Standing Review
December 23 - December 28	No Class (Christmas Holiday)

Master Cycle Weekly Schedule *					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm - 7:30pm Gi	7:15pm - 8:45pm No Gi/ Fight Sim		7:15pm RD	10:30am RD	9:00am - 10:20am Gi/Fight Sim

- **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.