

MASTER CYCLE®

- **Training Uniform:** Only white Gracie University gis permitted. For no-gi classes, please wear only Gracie University dry fit t-shirt or rashguards and fight shorts, or white gi pants. Please wear your jiu-jitsu belt in all 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. Fight Simulation will change day of the week each month to provide all students this important training. Safety and collaboration is the top priority in this class.
- **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.
- Class schedule subject to change based on holidays and special events.

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Week of	Positional Chapter Focus	Fight Sim Day
Dec 2-Dec 7	3.1 Guard Controls BBS3: Lesson 17, 18	Thursday
Dec 9- Dec 14	3.2 Guard Escapes/Passes BBS1 Lesson 19, 20	Thursday
Dec 16- Dec 21	3.2 Guard Escapes/Passes BBS2 Lesson 20, 21, 22, 23	Thursday
Dec 23 CLOSED WINTER	3.2 Guard Escapes/Passes BBS3 20, 21	Monday
Jan 2- Jan 4	3.4 Guard Submissions BBS1 Lesson 24, 25	Monday
Jan 6- Jan 11	3.4 Guard Submissions BBS2 Lesson 26, 27	Monday
Jan 13- Jan 18	3.4 Guard Submissions BBS3 Lesson 24, 25	Monday
Jan 20- Jan 25	3.3 Guard Submission Counters BBS1 Lesson 21, 22, 23	Tuesday
Jan 27- Feb 1	3.3: Guard Submission Counters BBS2 Lesson 24, 25	Tuesday
Feb 3- Feb 8	3.3: Guard Submission Counters BBS3 Lesson 22, 23	Tuesday

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 – 1:00 MC Technique (Gi)	12:00 – 1:00 MC Technique (Gi)		12:00 – 1:00 MC Technique (Gi)	12:00 – 1:00 MC Fundamentals (Gi)
7:00p – 8:00p MC Technique (No-Gi)	7:00p – 8:00p MC Technique (Gi)		7:00p – 8:00p MC Technique (Gi) Sparring (Gi)		
8:00 – 8:30p MC Sparring (NO-Gi)	8:00p – 8:30p MC Sparring (Gi)				