

# 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
September 23-28th	<b>Review Side Mount Control &amp; Escapes</b>	Thursday
September 30-October 5	2.3: Side Mount Submissions: BBS1 Lessons 14, 15	Monday
October 7-12th	2.3: Side Mount Submissions: BBS2 Lesson 13, 14, 15	Monday
October 14-19th	2.3: Side Mount Submissions: BBS3 Lessons 13, 14	Monday
October 21-26th	2.4: Side Mount Submission Counters: BBS1 Lesson 16	Monday
October 28- November 2	2.4: Side Mount Submission Counters: BBS2 Lesson 16, 17	Monday
November 4-9th	2.4: Side Mount Submission Counters: BBS3 Lesson 15, 16	Tuesday
November 11-16th	<b>Review Side Mount Submissions &amp; Counters</b>	Tuesday
November 18-23rd	3.1: Guard Controls: BBS1 Lessons 17, 18	Tuesday
November 25-30th	<b>CLOSED 28-30th HOLIDAY</b> 3.1: Guard Controls: BBS2 Lessons 18, 19	Tuesday

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