

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
July 29- August 3rd	BBS1-3: Mount Review Controls/Escapes	Monday
August 5-10	BBS1-3: Mount Review Submissions/Counters	Tuesday
August 12-17	BBS1 2.1 Side Mount Controls: Lesson 10, 11	Tuesday
August 19-24	BBS2 2.1 Side Mount Controls: Lesson 9, 10	Tuesday
August 26-31	BBS3 2.1 Side Mount Controls: Lesson 9, 10 CLOSED SAT HOLIDAY	Tuesday
September 2-7	CLOSED MON HOLIDAY BBS1 2.2 Side Mount Escapes: Lesson 12, 13	Thursday
September 9-14	BBS2 2.2 Side Mount Escapes: Lesson 11, 12	Thursday
September 16-21	BBS3 2.2 Side Mount Escapes: Lesson 11, 12	Thursday
September 23-28	BBS1 2.3 Side Mount Submissions: Lesson 14, 15	Thursday
September 30-October 5	BBS2 2.3: Side Mount Submissions: Lesson 13, 14, 15	Thursday

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)		
8:00 – 8:30p MC Sparring (NO-Gi)	8:00p – 8:30p MC Sparring (Gi)		8:00p – 8:30p MC Sparring (Gi)		