

# MASTER CYCLE®

Week of	Positional Chapter Focus
Dec 30 – Jan 3	5.2 Back Mount: Submissions <b>(GRACIE ALTAMONTE CLOSED DEC 30 &amp; 31)</b>
Jan 6 – 10	5.3 Back Mount: Submission Counters
Jan 13 – 17	5.3 Back Mount: Submission Counters
Jan 20 – 24	5.3 Back Mount: Submission Counters
Jan 27 - 31	Chapter Review: Back Mount
Feb 3 - 7	6.1 Straight Foot Locks
Feb 10 - 14	6.1 Straight Foot Locks
Feb 17 -21	6.2 Toe Hold Foot Locks
Feb 24 - 28	6.2 Toe Hold Foot Locks

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>12:00P – 1:00p</b> MC Technique (Gi)		<b>12:00P – 1:00p</b> MC Technique (Gi)		
	<b>1:00p – 1:30p</b> MC Sparring (Gi)		<b>1:00p – 1:30p</b> MC Sparring (Gi)		
				<b>6:00p-7:00p</b> MC Sparring (Gi)	
<b>7:00p – 8:00p</b> Reflex Development (Gi)	<b>7:00p – 8:00p</b> MC Technique (Gi)	<b>7:00p – 8:00p</b> MC Technique (Gi)	<b>7:00p-8:00p</b> MC Technique (Gi)		
<b>8:00p-9:00p</b> Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)	<b>8:00p-8:30p</b> MC Sparring(Gi)	<b>8:00p-8:30p</b> MC Sparring(Gi)	<b>8:00p-8:30p</b> MC Sparring(Gi)		

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

- **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.