

MASTER CYCLE®

Week of	Positional Chapter Focus
Sept. 9 – Sept. 13	4.1 Half Guard - Bottom
Sept.16 – Sept. 20	4.1 Half Guard - Bottom
Sept. 23 – Sept. 27	4.1 Half Guard - Bottom
Sept. 30 – Oct. 4	4.2 Half Guard - Top
Oct. 7 – Oct. 11	4.2 Half Guard – Top : CLOSED HURRICANE
Oct. 14 – Oct. 18	4.2 Half Guard - Top
Oct. 21 – Oct. 25	Half Guard - Review
Oct. 28 – Nov. 1	5.1 Back Mount – Controls
Nov. 4 – Nov. 8	5.1 Back Mount – Controls

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00p – 1:00p MC Technique	12:00p – 1:00p MC Technique	12:00p – 1:00p MC Technique		
	1:00p – 1:30p MC Sparring	1:00p – 1:30p MC Fight Sim	1:00p – 1:30p MC Sparring		
				6:00p – 7:00p MC Sparring	
	7:00p – 8:00p MC Technique		7:00p – 8:00p MC Technique		
8:00p - 9:00p MC No-Gi Sparring & Fight Sim	8:00p – 8:30p MC Sparring	8:00p – 9:00p MC Technique	8:00p – 8:30p MC Sparring		
		9:00p – 9:30p MC Sparring			

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

- **No-Gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or Rashguard along with Gi pants. 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.
- **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.