

MASTER CYCLE®

Week of	Positional Chapter Focus
Jun 3 – Jun 7	3.3 Guard - Submissions
Jun 10 – Jun 14	3.3 Guard - Submissions
Jun 17 – Jun 21	3.3 Guard - Submissions
Jun 24 – Jun 28	3.4 Guard – Submissions Counters
July 1 – July 5	3.4 Guard – Submissions Counters
July 8 – July 12	3.4 Guard – Submissions Counters
July 15 – July 19	3.5 Guard - Sweeps
July 22 – July 26	3.5 Guard - Sweeps
July 29 – Aug 2	3.5 Guard - Sweeps

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.

MASTER CYCLE®

Week of	Positional Chapter Focus
Jun 3 – Jun 7	3.3 Guard - Submissions
Jun 10 – Jun 14	3.3 Guard - Submissions
Jun 17 – Jun 21	3.3 Guard - Submissions
Jun 24 – Jun 28	3.4 Guard – Submissions Counters
July 1 – July 5	3.4 Guard – Submissions Counters
July 8 – July 12	3.4 Guard – Submissions Counters
July 15 – July 19	3.5 Guard - Sweeps
July 22 – July 26	3.5 Guard - Sweeps
July 29 – Aug 2	3.5 Guard - Sweeps

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.