

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Jun 2 - 8	3.5 Guard Sweeps	Tuesday	6. Leg Locks
Jun 9 - 15	3.5 Guard Sweeps	Tuesday	7. Standing
Jun 16 – 22	3.6 Sport Guards	Tuesday	1. Mount
Jun 23 - 29	3.6 Sport Guards (Closed Fri Jun 28)	Thursday	2. Side Mount
Jun 30 – Jul 6	3.6 Sport Guards (Closed Sat Jun 30 & Mon Jul 1)	Thursday	3. Guard
Jul 7 - 13	4.1 Half Bottom Guard	Thursday	4. Half Guard
Jul 14 - 20	4.1 Half Bottom Guard	Saturday	5. Back Mount
Jul 21 – 27	4.2 Half Bottom Top	Saturday	6. Leg Locks
Jul 28 – Aug 3	4.2 Half Bottom Top	Saturday	7. Standing

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

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30a – 10:45a MC Tech & Spar (Gi)
				6:15p – 7:15p RD class (No Gi)	
8:15p – 9:00p MC Fundamentals (Gi)	7:45p – 8:30p MC Technique (No Gi)		7:45p – 8:30p MC Technique (Gi)		
	8:30p – 9:00p MC Tech & Spar (No Gi)		8:30p – 9:00p MC Tech & Spar (Gi)		

- **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.
- **Fight Sim Gloves:** Fight Sim Gloves are required for all classes now; Blue Gracie Gear gloves are necessary and should be brought to all classes and may be asked to be used during sparring.