

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Dec 29 – Jan 4	Weapon Defenses (Closed Dec 24 – Jan 1)	-	Back Mount
Jan 5 – Jan 11	Clinch and Takedowns	Wednesday	Leg Locks
Jan 12 – Jan 18	Clinch and Takedowns	Wednesday	Standing
Jan 19 – Jan 25	Clinch and Takedowns	Wednesday	Mount
Jan 26 – Feb 1	Mount Control	Thursday	Side Mount
Feb 2 – Feb 8	Mount Control	Thursday	Guard
Feb 9 – Feb 15	Mount Escape	Thursday	Half Guard
Feb 16 – Feb 22	Mount Escape (Closed Monday, Feb 17)	Saturday	Back Mount
Feb 23 – Mar 1	Mount Submission Counters	Saturday	Leg Locks

*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 (No-Gi)
				6:15p – 7:15p RD class (No Gi)	
8:15p – 9:15p MC Fundamentals (Gi)	7:30p – 8:30p MC Technique (Gi)	8:15p – 9:15p MC Fundamentals (No Gi)	7:30p – 8:30p MC Technique (Gi)		
	8:30p – 9:00p MC Spar (Gi)		8:30p – 9:00p MC Spar (Gi)		

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard along with white Gracie 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 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.