

MASTER CYCLE®

October 2024

Week of	Positional Chapter Focus	Fight Sim Day
September 30 -October 5	RD: Standing Leg Locks: Knee Locks	Monday
October 7 – October 12	RD: Fight Sim Leg Locks: Heel Hooks	Monday
October 14 – October 19	RD: Mount Leg Locks: Heel Hooks	Monday
October 21- October 26	RD: Guard Leg Locks: Review	Monday
October 28 – November 2	RD: Sidemount Leg Locks: Positional Sparring	Monday

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30a – 10:30a Reflex Development
					1:30p – 2:30p MC Fight Sim (no-gi)
		6:30p – 7:30p MC Technique			
7:30p-8:30p MC Fight Sim		8:00p-9:00p Reflex Development		7:30p-8:30p MC Technique (no-gi)	
	8:30-9:30p MC Technique		8:00p-9:00p MC Technique		

*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.