

MASTER CYCLE®

August 2024

| Week of | Positional Chapter Focus | Fight Sim Day |
|-----------------------|--|---------------|
| August 5 – August 10 | RD: Mount Back Mount: Turtle Escapes | Thursday |
| August 12 – August 17 | RD: Guard Back Mount: Review | Thursday |
| August 19 – August 24 | RD: Side Mount Back Mount: Sparring | Thursday |
| August 26 – August 31 | RD: Standing Leg Locks: Straight Foot Focus | Thursday |

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

*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.