

# MASTER CYCLE®

November 2024

Week of	Positional Chapter Focus	Fight Sim Day
November 4 – November 9	RD: Standing Standing: Front Attack Defenses	Tuesday
November 11 – November 16	RD: Fight Sim Standing: Front Attack Defenses	Tuesday
November 18 – November 23	RD: Mount Standing: Rear Attack Defenses	Tuesday
November 25 – November 30	RD: Guard Standing: Rear Attack Defenses <b>CLOSED THURSDAY, NOVEMBER 28<sup>th</sup></b>	Tuesday

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