

# MASTER CYCLE®

October 2023

Week of	Positional Chapter Focus	Fight Sim Day
October 2 – October 7	RD: Guard Hoodie Chokes and Mount Submission Counters, *BRING A HOODIE* BBS1:7 Twisting Arm Control	Thursday
October 9 – October 14	RD: Side Mount Mount Submissions: BBS1:8, 9 Neck Hug Sequence, Cross Choke Sequence	Thursday
October 16 – October 21	RD: Standing Mount Submission Counters: BBS2: 5, 6 Neck Hug Counters, Cross Choke Counters	Thursday
October 23 – October 28	RD: Fight Sim Mount Submissions: BBS2:7, 8 High Mount Armlock, Arm Triangle	Thursday
October 30 – November 4	RD: Mount Mount Review	Friday

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30a – 10:30a Reflex Development
	12:30p – 1:30p MC Technique				1:30p – 2:30p MC Fight Sim (no-gi)
		6:30p – 7:30p MC Technique		6:30p-7:30p Reflex Development	
7:30p-8:30p MC Technique				7:30p-8:30p MC Technique (no-gi)	
	8:30-9:30p MC Technique		8:30p-9:30p 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 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.