

# MASTER CYCLE®

| Week of         | Positional Chapter Focus |
|-----------------|--------------------------|
| April 9 - May 5 | 6.1 Straight Foot Locks  |
| May 6 - 12      | 6.1 Straight Foot Locks  |
| May 13 - 19     | 6.2 Toe Hold Foot Locks  |
| May 20 - 26     | 6.2 Toe Hold Foot Locks  |
| May 27 – June 2 | 6.3 Knee Locks           |
| June 3 – 9      | 6.3 Knee Locks           |
| June 10 - 16    | 6.4 Heel Hooks           |
| June 17 - 23    | 6.4 Heel Hooks           |
| June 24 - 30    | Chapter Review           |
| July 1 - 7      | Chapter review           |

| Master Cycle Weekly Schedule*          |                                      |  |                                      |  |
|--|--------------------------------------|--|--------------------------------------|--|
| Monday                                 | Tuesday                              | Wednesday                              | Thursday                             | Saturday   |
| 10:45a – 12:00p<br>MC Technique & Spar | 6:30p – 7:45p<br>MC Technique & Spar | 10:45a – 12:00p<br>MC Technique & Spar | 6:30p – 7:45p<br>MC Technique & Spar | 7:45a – 8:45a<br>Fight Simulation (Gi)<br>(5.5oz Gloves/Mouth Guard) |

\*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.