

# MASTER CYCLE®

Week of	Positional Chapter Focus
March 4-10	5.1 Back Mount Controls
March 11-17	5.1 Back Mount Controls
March 18-24	5.2 Back Mount Submissions
March 25-31	5.2 Back Mount Submissions
April 1-7	5.3 Back Mount Submission Counters
April 8-14	5.3 Back Mount Submission Counters
April 15-21	Chapter Review
April 22-28	Sparring

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<b>10:45a – 12:00p</b> MC Technique & Spar	<b>7:45p – 9:00p</b> MC Technique & Spar	<b>10:30a – 11:45a</b> MC Technique & Spar	<b>7:45p – 9:00p</b> MC Technique & Spar		<b>3:00p – 4:15p</b> Fight Simulation (Gi) (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.