

MASTER CYCLE®

*Students should bring gloves and mouthguards for fight sim & all MC classes. *Schedule is subject to change.

Week of Monday - Saturday	Positional Chapter Focus
March 25 - March 30	6.1 Straight Foot Locks No class March 30 for Easter Holiday
April 1 - April 6	6.1 Straight Foot Locks
April 8 - April 13	6.2 Toe Hold Foot Locks
April 15 - April 20	6.2 Toe Hold Foot Locks
April 22 - April 27	6.3 Knee Locks
April 29 - May 4	6.3 Knee Locks
May 6 - May 11	6.4 Heel Hooks
May 13 - May 18	6.4 Heel Hooks

Master Cycle Weekly Schedule *					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm - 7:30pm Gi	7:15pm - 8:45pm No Gi/ Fight Sim		7:15pm RD	10:30am RD	9:00am - 10:20am Gi/Fight Sim

- **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.