

MASTER CYCLE®

April 2024

Week of	Positional Chapter Focus	Fight Sim Day
April 1 – April 6	RD: Standing Guard Submissions: Omoplata	Friday
April 8 – April 13	RD: Fight Sim Guard Submissions: Triangle Mastery	Friday
April 15 – April 20	RD: Mount Guard Sweeps: Sit Up Sweeps	Friday
April 22 – April 27	RD: Guard Guard Sweeps: Overhead Sweep	Friday
April 29 – May 4	RD: Side Mount Sport Guards	Friday

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