

MASTER CYCLE®

**STUDENTS SHOULD BRING GLOVES AND MOUTHGUARDS FOR FIGHT SIM AND ALL MC CLASSES*

WEEK OF MONDAY-SATURDAY	POSITIONAL CHAPTER FOCUS - <i>Subject to Change</i>	
August 31 - September 5	Back Mount Controls	Saturday: Mount
September 7 - September 12 MONDAY, SEPTEMBER 7: NO CLASS FOR LABOR DAY	Back Mount Submissions	Saturday:Side Mount
September 14 - September 19	Back Mount Submissions	Saturday:Guard
September 21 - September 26	Back Mount Submission Counters	Saturday:Half Guard
September 28 - October 3	Back Mount Submission Counters	Saturday:Back Mount
October 5 - October 10	Back Mount Review	Saturday:Foot Lock
October 12 - October 17	Foot Locks	Saturday:Knee Lock
October 19 - October24	Foot Locks	Saturday:Heel Hook
October 26 - October 31 SATURDAY, OCTOBER 31: NO CLASS FOR HALLOWEEN	Foot Locks	Saturday:Front Attacks

MASTER CYCLE WEEKLY SCHEDULE

MONDAY	TUESDAY, NO-GI	WEDNESDAY	THURSDAY	FRIDAY, NO-GI	SATURDAY
6-7:30 PM GI	7:15 - 8:45PM NO-GI FIGHT SIM		7:15 PM RD, GI	10:30 AM RD, NO-GI	9-10:30 AM GI/Fundamentals

- **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.

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