

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
April 3 - April 8	Side Mount Review April 8th closed for Easter weekend
April 10 - April 15	Side Mount Review
April 17 - April 22	Side Mount Review
April 24- April 29	3.1 Guard Controls April 27th 6-8pm Sam Fernandez Seminar!!
May 1 - May 6	3.2 Guard Controls
May 8 - May 13	3.2 Guard Passes
May 15 - May 20	3.2 Guard Passes
May 22 - May 27	3.2 Guard Passes

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

- **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.