MASTER CYCLE®

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

WEEK OF MONDAY-SATURDAY	POSITIONAL CHAPTER FOCUS - *Subject to Change*	
November 2 - November 7	Back Mount	Saturday: Rear Attack Defenses
November 9 - November 14	Back Mount	Saturday:Weapon Defenses
November 16 - November 21	Back Mount	Saturday:Clinch/Takedowns
November 23 - November 24 **NOVEMBER 25-29: NO CLASS FOR THANKSGIVING**	Back Mount	
November 30 - December 5	Back Mount Review	Saturday:Mount Controls
December 7 - December 12	Leg Locks	Saturday:Mount Escapes
December 14 - December 19	Leg Locks	Saturday:Mount Submission Counters
December 21 - December 22	Leg Locks	Saturday:Mount Submissions
DECEMBER 23- JANUARY 3: NO CLASS FOR WINTER BREAK		

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.

www.graciesantacruz.com |831.332.9876| gjjsantacruz@gmail.com