

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
July 7 - July 12	Side Mount Controls and Escapes (Sat Fundamentals: Side Mount)
July 14 - July 19	Side Mount Controls and Escapes (Sat Fundamentals: Guard)
July 21 - July 26	Side Mount Controls and Escapes (Sat: Half Guard)
July 28 Aug 2	Side Mount Controls and Escapes (Sat: Back Mount)
Aug 4 - Aug 9	Side Mount Controls and Escapes (Sat: Leg locks)
Aug 11 - Aug 16	Side Mount Controls and Escapes (Sat: Standing)
Aug 18 - Aug 23	Side Mount Controls and Escapes (Sat: Mount)
Aug 25 - Aug 30	Side Mount Controls and Escapes (Sat: Side Mount)

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 No Gi	9:00am - 10:20am 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.