

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
June 2 - June 7	Side Mount Reviews (Sat Fundamentals: Back Mount)
June 9 - June 14	Side Mount Reviews (Sat Fundamentals: Leg Locks)
June 16 - June 21	Side Mount Reviews (Sat Fundamentals: Standing)
June 23 - June 28	Side Mount Reviews 6/25 (Wed) Ryron Gracie Seminar 6pm - 8pm @ Saratoga 6/28 (SAT) No CLASS Breathwork for Jiu-Jitsu by Miles Lukas 6/29 (SUN) Wim Hof Method Breathwork & Ice Bath
June 30 - July 5	Side Mount Reviews (Sat Fundamentals: Mount)
July 7 - July 12	Side Mount Reviews (Sat Fundamentals: Side Mount)
July 14 - July 19	Side Mount Reviews (Sat Fundamentals: Guard)
July 21 - July 25	Side Mount Reviews (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.

www.graciesantacruz.com | gjjsantacruz@gmail.com