

# 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
October 2 - October 7	Guard Review
October 9 - October 14	Guard Review
October 16 - October 21	Guard Review No class Saturday, Oct 21st for WIM HOF Workshop
October 23 - October 28	4.1 Half Guard Bottom
October 30 - November 4	4.1 Half Guard Bottom No class Tuesday, Oct 31st for Halloween
November 6 - November 11	4.1 Half Guard Bottom
November 13 - November 18	4.2 Half Guard Top
November 20 - November 26	4.2 Half Guard Top Closed from 11/22-25 for Thanksgiving holiday

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.