

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
Nov 3 - Nov 8	3.3 Guard Passes (Sat: Standing)
Nov 10 - Nov 15	3.3 Guard Passes No Class Nov 15: Bernardo Figueiredo Seminar at Gracie Monterey 10am - 1pm
Nov 17 - Nov 22	3.3 Guard Submissions (Sat: Mount)
Nov 24 - Nov 29	3.3 Guard Submissions No Class Nov 27-29: Thanksgiving Holiday
Dec 1 - Dec 6	3.3 Guard Submissions (Sat: Side Mount)
Dec 8 - Dec 13	3.3 Guard Submissions (Sat: Guard)
Dec 15 - Dec 20	3.3 Guard Submissions (Sat: Half Guard)
Dec 22 - Jan 27	3.3 Guard Submissions No Class: Christmas Holiday from Dec 24 - Jan 3

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.