

MASTER CYCLE®

*Class schedule subject to change based on holidays and special events.

Week of	Positional Chapter Focus
January 7 - 9	Ch3.2 Guard Passes
January 13 -16	Ch3.2 Guard Passes
January 20 -23	Ch3.2 Guard Passes
January 27 - 30	Ch3.2 Guard Passes
February 3 - 6	Ch3.4 Guard Submissions
February 10 - 13	Ch3.4 Guard Submissions
February 17 - 20	Ch3.4 Guard Submissions
February 24 - 27	Ch3.3 Guard Submissions Counters

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30p – 9:30p MC Technique (Gi)	7:30p – 8:30p MC Technique (No-gi)		7:30p – 8:30p MC Technique (No-gi)		
9:30p-10:00p MC Sparring (Gi)	8:30p-9:00p MC Sparring (No-gi)		8:30p-9:00p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)		

- **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.