MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
Oct 5 - Oct 10	Half Guard Review
Oct 12 - Oct 17	5.1 Back Mount Controls
Oct 19 - Oct 24	5.1 Back Mount Controls
Oct 26 - Oct 31	5.2 Back Mount Submissions
Nov 2 - Nov 6	5.2 Back Mount Submissions
Nov 9 - Nov 14	5.3 Back Mount Submission Counters
Nov 16 - Nov 20	5.3 Back Mount Submission Counters
Nov 23 - Nov 28	Back Mount Review + Holiday Closure

Master Cycle Weekly Schedule (Aug - Nov)					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
6:30pm - 7:45pm No - Gi / Fight Sim	7:30pm - 9:00pm Gi / Instructors Choice	6:15pm - 7:15pm RD	7:30pm - 9:00pm No - Gi		8:30am - 9:45am 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, rash guards, 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.