

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
December 30 - January 4	3.3 Guard Submission Counters
January 6 - January 11	3.4 Guard Submissions
January 13 - January 18	3.4 Guard Submissions 1/15 - 1/18 No Class (Instructor Training)
January 20 - January 25	3.4 Guard Submissions
January 27 - February 1	3.5 Guard Sweeps
February 3 - February 8	3.5 Guard Sweeps/ 3.6 Sport Guards
February 10 - February 18	Guard Review
February 27 - March 1	Guard Review

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30pm - 7:45pm Gi	7:30pm - 9:00pm No-Gi	7:30 - 8:30pm RD	7:30pm - 9:00pm No-Gi/Fight Sim		8:30am - 9:45am Gi
8:00 - 9:00pm RD					

- **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.