

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
Sept 1 - Sept 6	Leg Lock Review (Tuesday: Teacher's Choice)
Sept 8 - Sept 13	7.1 Standing: Front Attack Defenses (Thursday: Instructors Choice)
Sept 15 - Sept 20	7.1 Standing: Front Attack Defenses (Saturday: Instructors Choice)
Sept 22 - Sept 27	7.1 Standing: Front Attack Defenses
Sept 29 - Oct 4	7.2 Standing: Rear Attack Defenses (Monday: Instructors Choice)
Oct 6 - Oct 11	7.3 Weapon Defenses (Tuesday: Instructors Choice)
Oct 13 - Oct 18	7.3 Weapon Defenses (Thursday: Instructors Choice)
Oct 20 - Oct 25	7.4 Standing: Clinch/Takedowns (Saturday: Instructors Choice)

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