

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
October 2 - October 7	4.2 Half Guard Top
October 9 - October 14	4.2 Half Guard Top
October 16 - October 21	Half Guard Review
October 23 - October 28	Half Guard Review
October 30 - November 4	5.1 Back Mount Controls 10/31 closed for Halloween
November 6 - November 11	5.1 Back Mount Controls
November 13 - November 18	5.2 Back Mount Submissions
November 20 - November 26	Guard Review Closed from 11/22-25 for Thanksgiving holiday

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

- **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.