

# MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
November 27 - December 2	5.3 Back Mount Submission Counters
December 4 - December 9	Back Mount Review
December 11 - December 16	Back Mount Review
December 18 - December 23	6.1 Straight Footlocks
December 25 - December 30	No Class/ Happy Holidays!
January 1 - January 6	6.2 Toe Hold January 1- Closed for New Year
January 8 - January 13	6.3 Knee Locks
January 15 - January 20	6.4 Heel Hooks

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.