

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
Feb 2 - Feb 7	1.3 Mount Submissions
Feb 9 - Feb 14	1.3 Mount Submissions
Feb 16 - Feb 21	Mount Review
Feb 23 - Feb 28	Mount Review
Mar 2 - Mar 7	2.1 Side Mount Controls
Mar 9 - Mar 14	2.1 Side Mount Controls
Mar 16 - Mar 21	2.2 Side Mount Escapes
Mar 23 - Apr 4	2.2 Side Mount Escapes

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