

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
July 7 - July 12	6.1 Straight Foot Locks (Saturday: Teacher's Choice)
July 14 - July 19	6.2 Toe Hold Foot Locks
July 21 - July 26	6.2 Toe Hold Foot Locks (Monday: Teacher's Choice)
July 28 - Aug 2	6.3 Knee Locks (Tuesday: Instructors Choice)
Aug 4 - Aug 9	6.3 Knee Locks (Thursday: Instructors Choice)
Aug 11 - Aug 16	6.4 Heel Hooks (Saturday: Instructors Choice)
Aug 18 - Aug 23	6.4 Heel Hooks
Aug 25 - Aug 30	Leg Locks Review (Monday: Instructors Choice)

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 Gi/Fight Sim		8:30am - 9:45am No-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.