

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
April 3 - April 8	Standing Review April 8th closed for Easter weekend
April 10 - April 15	1.1 Mount Controls
April 17 - April 22	1.1 Mount Escapes April 26th 6-8pm Sam Fernandez Seminar!!
May 24 - May 29	1.2 Mount Submission Counters
May 1 - May 6	1.2 Mount Submissions
May 8 - May 13	1.3 Mount Submissions
May 15 - May 20	1.3 Mount Review
May 22 - MY 27	1.4 Mount Review

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15pm - 7:45pm Gi	7:30pm - 9:00pm No Gi/Fight Sim	7:30 - 8:30pm RD	7:30pm - 9:00pm		8:30am - 9:45am
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.