

# MASTER CYCLE®

Week of	Positional Chapter Focus
January 3 - 8	3.4 Guard: Submission Counters
January 10 - 15	3.4 Guard: Submission Counters
January 17 - 22	3.4 Guard: Submission Counters <b>*Class Cancellation on January 22 due to Live ICP</b>
January 24 - 29	3.5 Guard: Sweeps
January 31 – February 5	3.5 Guard: Sweeps
February 7 - 12	3.5 Guard: Sweeps
February 14 - 19	3.6 Guard: Sport Guards
February 21-26	3.6 Guard: Sport Guards
February 28 – March 5	3.6 Guard: Sport Guards

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>7:00a – 8:30a</b> MC Technique & Spar (Gi)		<b>7:00a – 8:30a</b> MC Technique & Spar (No-gi)		
					<b>9:00a – 10:00a</b> MC Technique & Spar (Gi)
<b>12:00p – 1:00p</b> MC Technique (No-gi)	<b>11:00a – 12:00p</b> MC Technique (Gi)		<b>11:00a – 12:00p</b> MC Technique (No-gi)	<b>12:00p – 1:00p</b> MC Technique (Gi)	
<b>1:00p-1:30p</b> MC Sparring (No-gi)	<b>12:00p – 12:30p</b> MC Sparring (Gi)		<b>12:00p-12:30p</b> Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)	<b>1:00p-1:30p</b> MC Sparring (Gi)	
<b>6:30p – 7:30p</b> MC Technique (No-gi)		<b>6:30p – 7:30p</b> MC Technique (Gi)	<b>7:30p-8:30p</b> MC Technique (No-gi)	<b>7:30p-8:30p</b> MC Technique (Gi)	
<b>7:30p-8:00p</b> MC Sparring (No-gi)	<b>8:30p – 9:30p</b> MC Tech & Spar (Gi)	<b>7:30p-8:00p</b> MC Sparring(Gi)	<b>8:30p-9:00p</b> Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)	<b>8:30p-9:00p</b> MC Sparring (Gi)	

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

- **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, rashguards, 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.