

MASTER CYCLE®

Week of	Positional Chapter Focus
November 1 - 6	3.1 Guard: Controls
November 8 - 13	3.1 Guard: Controls *All 11AM Classes Cancelled for GST
November 15 - 20	3.2 Guard: Passes
November 22 - 27	3.2 Guard: Passes *Closed November 25 – 28 for Thanksgiving
November 29 – December 4	3.3 Guard: Submissions
December 6 - 11	3.3 Guard: Submissions
December 13 - 18	3.4 Guard: Submission Counters
December 20-25	3.4 Guard: Submission Counters *Closed December 24 – January 3 for the Holidays
December 27 – January 1	*Closed for Holiday Break

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