

MASTER CYCLE®

Week of	Positional Chapter Focus
February 24 – March 1	1 Mount: Review
March 3 – March 8	1 Mount: Review
March 10 – March 15	2.1 Side Mount: Controls
March 17 – March 22	2.1 Side Mount: Controls
March 24 – March 29	2.2 Side Mount: Escapes
March 31 – April 5	2.2 Side Mount: Escapes
April 14– April 19	2.3 Side Mount: Submissions
April 21 – April 26	2.3 Side Mount: Submissions

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30p – 8:30p MC Technique		7:30p – 8:30p MC Technique			12:30pm – 1:30pm MC Technique Gi/No-gi
8:30p-9:00p MC Sparring (Gi/Fight-Sim)		8:30p-9:00p MC Sparring (Gi//Fight sim)			1:30pm – 2:00pm MC Sparring (No-Gi/Fight-sim)

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard along with white gi pants or spats/and or fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes (optional for now).
- **Street Sparring:** All students must have open-finger Gracie Sparring Gloves (5.5oz), and a mouth guard to participate in Street Sparring sessions. Bring to every class
- **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. Please bring to every class.
- **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.