

MASTER CYCLE®

- **Training Uniform:** Only white Gracie University gis permitted. For no-gi classes, please wear only Gracie University dry fit t-shirt or rashguards and fight shorts, or white gi pants. Please wear your jiu-jitsu belt in all 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. Fight Simulation will change day of the week each month to provide all students this important training. Safety and collaboration is the top priority in this 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.
- Class schedule subject to change based on holidays and special events.

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Week of	Positional Chapter Focus	Fight Sim Day
Mar 31-Apr 5	4.1 Half Guard Bottom BBS1 Lessons 30, 31, 32	Monday
Apr 7- Apr 12	4.1 Half Guard Bottom BBS2 Lessons 31, 32	Monday
Apr 14- Apr 19	4.1 Half Guard Bottom BBS3 Lessons 29, 30	Monday
Apr 21- Apr 26	4.2 Half Guard Top BBS1 Lessons 33, 34, 35	Monday
Apr 28- May 3	4.2 Half Guard Top BBS2 Lessons 33, 34	Monday
May 5- May 10	4.2 Half Guard Top BBS3 Lessons 31, 32	Tuesday
May 12- May 17	REVIEW HALF GUARD BOTTOM	Tuesday
May 19- May 23	REVIEW HALF GUARD TOP	Tuesday
May 24- May 26	CLOSED	n/a
May 27- May 31	5.1 Back Mount Controls BBS1 Lessons 36, 37	Tuesday

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 – 1:00 MC Technique (Gi)	12:00 – 1:00 MC Technique (Gi)		12:00 – 1:00 MC Technique (Gi)	
7:00p – 8:00p MC Technique (No-Gi)	7:00p – 8:00p MC Technique (Gi)		7:00p – 8:00p MC Technique (Gi) Sparring (Gi)		1:00 – 2:00 MC Fundamentals (Gi)
8:00 – 8:30p MC Sparring (NO-Gi)	8:00p – 8:30p MC Sparring (Gi)		8:00p – 8:30p MC Sparring (Gi)		