

MASTER CYCLE®

Week of	Positional Chapter Focus
September 25-29	Review Half Guard Bottom
October 2-6	Review Half Guard Top
October 9-13	5.1 Back Mount Controls BBS1: Lesson 36, 37
October 16-21	5.1 Back Mount Controls BBS2: Lesson 35, 36 CLOSED THURSDAY-SUNDAY
October 23-27	5.2 Back Mount Submissions BBS1: Lesson 38, 39
October 20-Nov 3	5.2 Back Mount Submissions BBS2: Lesson 37, 38
November 6-10	5.3 Back Mount Submission Counters BBS1: Lesson 40, 41
November 13-17	5.3 Back Mount Submission Counters BBS2: 39, 40
November 20-24	Review Back Mount CLOSED WEDNESDAY PM-SUNDAY THANKSGIVING BREAK
November 27-Dec 1	Review Back Mount

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

*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.