

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day
April 1 st -6th	7.4 Clinch & Takedowns BBS1: Lessons 57, 58,59, 60	Thursday
April 8 th -13th	7.4 Clinch & Takedowns BBS2: Lessons 57, 58, 59, 60	Thursday
April 15 th -20th	REVIEW CHAPTER 7 BBS1 LESSONS 50-60	Monday
April 22 nd -27th	REVIEW CHAPTER 7 BBS 2 LESSONS 49-60	Monday
April 29 th -May 4th	1.1 Mount Controls BBS1: Lessons 1, 2	Monday
May 6 th -May 11th	1.1 Mount Controls BBS2: Lessons 1, 2	Tuesday
May 13 th -18th	1.2 Mount Escapes BBS1: Lessons 3, 4	Tuesday
May 20 th -25th	1.2 Mount Escapes BBS2: Lessons 3, 4	Tuesday
May 27 th -June 1st	1.3 Mount Submission Counters BBS1: Lessons 5, 6, 7	Thursday
June 3 rd -8th	1.3 Mount Submission Counters BBS2: Lessons 5, 6	Thursday

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)	
					1:00p-2:00p 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)		
8:00p-8:30p MC Sparring (No-Gi)	8:00p-8:30p MC Sparring (Gi)		8:00p-8:30p MC Sparring (Gi)		

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

- **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 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. 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.