

MASTER CYCLE®

Week of	Positional Chapter Focus
February 27 – March 3	7.1 Standing Front Attack Defenses: Lesson 50, 51
March 6 - 10	7.2 Standing Rear Attack Defenses: Lesson 52, 53
March 13-17	7.3 Standing Weapon Defenses: Lesson 54, 55, 56
March 20-24	7.4 Clinch & Takedowns: Lesson 57, 58
March 27-31	7.4 Clinch & Takedowns: Lesson 59, 60
April 3-7	REVIEW CHAPTER 7
April 10-14	1.1 Mount Controls: Lesson 1, 2
April 17-21	1.2 Mount Escapes: Lesson 3, 4
April 24-28	1.3 Mount Submission Counters: Lesson 5, 6, 7
May 1-5	1.4 Mount Submissions: Lesson 8, 9

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)	Reflex Development 12:00p-1:00p
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)	7:00p – 8:00p MC Technique (Gi)	Reflex Development 7:00p-8:00p	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.