

# MASTER CYCLE®

\*Students should bring gloves and mouthguards for fight sim & all MC classes. \*The schedule is subject to change.

| Week of Monday - Saturday | Positional Chapter Focus            |
|---------------------------|-------------------------------------|
| June 29 - July 4          | 2.4 Side Mount Submissions Counters |
| July 6 - July 11          | Side Mount Review                   |
| July 13 - July 17         | Side Mount Review                   |
| July 20 - July 25         | Side Mount Review                   |
| July 27 - August 1        | 3.1 Guard Controls                  |
| August 3 - August 8       | 3.1 Guard Controls                  |
| August 10 - August 15     | 3.1 Guard Controls                  |
| August 17 - August 22     | 3.1 Guard Controls                  |

| Master Cycle Weekly Schedule * |         |           |                                          |        |          |
|--------------------------------|---------|-----------|------------------------------------------|--------|----------|
| Monday                         | Tuesday | Wednesday | Thursday                                 | Friday | Saturday |
|                                |         | 7:15pm Gi | 6:00pm RD<br>7:15pm no-gi<br>(Fight-Sim) |        |          |

- **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.