

# 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
May 4 - May 9	2.2 Side Mount Escapes
May 11 - May 16	2.3 Side Mount Submissions
May 18 - May 23	2.3 Side Mount Submissions
May 25 - May 30	2.3 Side Mount Submissions
June 1 - June 6	2.3 Side Mount Submissions
June 8 - June 13	2.3 Side Mount Submissions
June 15 - June 20	2.4 Side Mount Submissions Counters
June 22 - June 27	2.4 Side Mount Submissions Counters

Master Cycle Weekly Schedule *					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:15pm Gi	6:00pm RD 7:15pm no-gi (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.