

MASTER CYCLE®

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

Week of Monday - Saturday	Positional Chapter Focus
May 5 - May 10	6.2 Toe Hold Foot Locks
May 12 - May 17	6.2 Toe Hold Foot Locks
May 19 - May 24	6.3 Knee Locks
May 26 - May 31	6.3 Knee Locks
June 2 - June 7	6.4 Heel Hooks
June 9 - June 14	6.4 Heel Hooks
June 16 - June 21	Leg Locks Review
June 23 - June 28	Leg Locks Review

Master Cycle Weekly Schedule *					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00pm RD 7:15pm		

- **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.