

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
July 27 - August 1	3.1 Guard Controls August 1(Sat) & 2(Sun) : John Frankl Seminar 10am - 1pm @Gracie Santa Cruz 1408 41st Ave Capitola
August 3 - August 8	3.1 Guard Controls
August 10 - August 15	3.1 Guard Controls
August 17 - August 22	3.1 Guard Controls
August 24 - August 29	3.1 Guard Passes
August 31 - September 5	3.1 Guard Passes
September 7 - September 12	3.1 Guard Passes
September 14 - September 19	3.1 Guard Passes

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.