

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
Jan 5 - Jan 10	1.4 Mount Submissions
Jan 12 - Jan 17	1.4 Mount Submissions
Jan 19 - Jan 24	1.3 Mount Submission Counters
Jan 26 - Jan 31	1.3 Mount Submission Counters
Feb 2 - Feb 7	1.3 Mount Submission Counters
Feb 9 - Feb 13	1.3 Mount Submission Counters
Feb 16 - Feb 21	1.3 Mount Submission Counters
Feb 23 - Feb 28	Mount Chapter Review

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.