MASTER▲CYCLE®

Week of	Positional Chapter Focus
May 12 – 16	2.2 Side Mount Escapes
May 19 – 23	2.2 Side Mount Escapes
May 26 – 30	2.1 Side Mount Controls (Closed May 26 – Memorial Day)
Jun 2 – 6	2.1 Side Mount Controls
Jun 9 – 13	2.4 Side Mount Submissions
Jun 16 – 20	2.4 Side Mount Submissions
Jun 23 – 27	2.3 Side Mount Submissions Counters
Jun 30 – July 4	2.3 Side Mount Submissions Counters (Closed July 4 – Independence Day)
Jul 7 – 11	3.1 Guard Controls

Master Cycle Weekly Schedule*					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
				6:00p-7:00p MC Sparring (Gi)	
7:00p – 8:00p Reflex Development (Gi)	**7:00p – 8:00p** MC Technique (Gi)	**7:00p – 8:00p** MC Technique (Gi)	**7:00p-8:00p** MC Technique (Gi)		
8:00p-9:00p Fight Simulation (No-gi) Chapter 7 Standing (5.5oz Gloves/Mouth Guard)	**8:00p-8:30p** MC Sparring(Gi)	**8:00p-8:30p** MC Sparring(Gi)	**8:00p-8:30p** MC Sparring(Gi)		

*Class schedule subject to change based on holidays and special events.

- **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.