

# MASTER CYCLE®

Week of	Positional Chapter Focus
Jun 30 – July 4	3.1 Guard Controls (Closed July 4 – Independence Day)
July 7 – 11	3.1 Guard Controls
July 14 – 18	3.2 Guard Passes
July 21 – 25	3.2 Guard Passes
July 28 – Aug 1	3.4 Guard Submissions
Aug 4 – 8	3.4 Guard Submissions
Aug 11 – 15	3.3 Guard Submission Counters
Aug 18 – 22	3.3 Guard Submission Counters
Aug 25 – 29	3.5 Guard Sweeps

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.