

MASTER CYCLE®

Week of	Positional Chapter Focus	Fundamentals
August 17 – August 22	Side Mount (BBS1-4 + 32 Principles)	Half Guard (BBS1-2)
August 24 – August 29	Side Mount	Back Mount
August 31 – September 5	Guard Controls/Sweeps	Leg Locks
September 7 – September 12	Guard Passes	Standing
September 14 – September 19	Guard Submission	Mount
September 21 – September 26	Guard Review	Side Mount
September 28 – October 3	Half Guard Top	Guard
October 5 – October 10	Half Guard Bottom	Half Guard
October 12 – October 17	Half Guard Review	Back Mount

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30p-8:30p MC TECH (Gi)	7:30p-8:30p MC Fundamentals	7:00p-8:30p MC TECH & Sparring (NO-Gi)	7:30p-8:30p MC Fundamentals		11:00a – 12:00p MC Fundamentals

*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.