MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day	MCF Focus
Nov 8 – Nov 14	(5.1) Back Mount Controls	Saturday	Mount
Nov 15 – Nov 21	(5.2) Back Mount Submissions (Closed Nov 11 – Remembrance Day)	Saturday	Side Mount
Nov 22 – Nov 28	(5.2) Back Mount Submissions	Saturday	Guard
Nov 29 – Dec 5	(5.3) Back Mount Submission Counters	Tuesday	Half Guard
Dec 6 – Dec 12	(5.3) Back Mount Submission Counters	Tuesday	Back Mount
Dec 13 – Dec 19	(6.1) Straight Foot Locks	Tuesday	Leg Locks
Dec 20 – Dec 26	(6.1) Straight Foot Locks (Closed Dec 23 to Jan 2 – Winter Holiday)	Thursday	Standing
-	-	Thursday	-
-	-	Thursday	-

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

Master Cycle Weekly Schedule*					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Gi Day	**No-Gi Day**	**Gi Day**	**No-Gi Day**	**-**	**Gi day**
					9:30a – 10:45a MC Tech & Spar
			7:00p – 7:45p MC Technique		
7:15p – 8:15p MC Fundamentals	**7:45p – 8:30p** MC Technique		**7:45p – 8:15p** MC Spar		
8:15p – 9:15p Reflex Development	**8:30p – 9:00p** MC Spar	**8:15p – 9:30p** MC Tech & Spar			

- **Master Cycle Fundamentals Class (MCF Class)**: Once you've achieved 3 or 4 stripes on your White Belt and you want to learn the next set of techniques for your Jiu-Jitsu Journey, as well as adding some positional sparring, the Master Cycle Fundamentals Class (MCF) will get you to the next level. By organizing all of Gracie Jiu-Jitsu into seven positional chapters (Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, Standing), every week we will rotate through one of these chapters.
- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard along with white Gracie 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 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.
- **Fight Sim Gloves:** Fight Sim Gloves are required for all classes now; Blue Gracie Gear gloves are necessary and should be brought to all classes and may be asked to be used during sparring.