

MASTER CYCLE®

| Week of | Positional Chapter Focus | Fight Sim Day | MCF Mon | MCF Weds |
|-----------------|---|---------------|------------|------------|
| Aug 24 – Aug 30 | (4.1) Half Guard-Bottom (Closed Saturday, August 30) | Saturday | Back Mount | Leglocks |
| Aug 31 – Sep 6 | (4.2) Half Guard-Top (Closed Monday, September 1) | Saturday | - | Standing |
| Sep 7 – Sep 13 | (4.2) Half Guard-Top | Tuesday | Mount | Side Mount |
| Sep 14 – Sep 20 | (5.1) Back Mount Controls | Tuesday | Guard | Half Guard |
| Sep 21 – Sep 27 | (5.1) Back Mount Controls | Tuesday | Back Mount | Leglocks |
| Sep 28 – Oct 4 | (5.3) Back Mount Submissions | Thursday | Standing | Mount |
| Oct 5 – Oct 11 | (5.3) Back Mount Submissions (Closed Saturday, October 11) | Thursday | Side Mount | Guard |
| Oct 12 – Oct 18 | (5.2) Back Mount Submission Counters | Thursday | - | Half Guard |
| Oct 19 – Oct 25 | (5.2) Back Mount Submission Counters | Saturday | Back Mount | Leglocks |

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

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

- **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.