

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day	MCF Mon	MCF Weds
May 3 – May 9	(1.3) Mount Submission Counters	Saturday	Mount	Side Mount
May 10 – May 16	(2.1) Side Mount Controls	Saturday	Guard	Half Guard
May 17 – May 23	(2.1) Side Mount Controls (Closed May 16- May 18)	Tuesday	-	Back Mount
May 24 – May 30	(2.2) Side Mount Escapes	Tuesday	Leg Locks	Standing
May 31 – Jun 6	(2.2) Side Mount Escapes	Tuesday	Mount	Side Mount
Jun 7 – Jun 13	(2.3) Side Mount Submissions	Thursday	Guard	Half Guard
Jun 14 – Jun 20	(2.3) Side Mount Submissions	Thursday	Back Mount	N/A
Jun 21 – Jun 27	(2.4) Side Mount Submission Counters	Thursday	Leg Locks	N/A
Jun 28 – Jul 4	(2.4) Side Mount Submission Counters (Closed Wednesday July 1)	Saturday	Standing	N/A

\*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 – 9:30p MC Tech & Spar (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.