

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day	MCF Mon	MCF Weds
Oct 26 – Nov 1	(6.1) Straight Foot Locks	Saturday	Standing	Mount
Nov 2 – Nov 8	(6.1) Straight Foot Locks	Saturday	Side Mount	Guard
Nov 9 – Nov 15	(6.2) Toe Hold Foot Locks (Tuesday, November 11)	Tuesday	Half Guard	Back Mount
Nov 16 – Nov 22	(6.2) Toe Hold Foot Locks	Tuesday	Leg Locks	Standing
Nov 23 – Nov 29	(6.3) Knee Locks	Tuesday	Mount	Side Mount
Nov 30 – Dec 6	(6.3) Knee Locks	Thursday	Guard	Half Guard
Dec 7 – Dec 13	(6.4) Heel Hooks	Thursday	Back Mount	Leg Locks
Dec 14 – Dec 20	(6.4) Heel Hooks	Thursday	Standing	Mount
Dec 21 – Dec 23	(7.1) Front Attack Defenses (Wednesday, December 24- January 2)	Saturday	Side Mount	-

*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.