

MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Sim Day	MCF Focus
Sep 6 – Sep 12	(3.5) Guard Sweeps (Closed Sep 5 – Sep 7- Labour Day)	-	-
Sep 13 – Sep 19	(3.5) Guard Sweeps	Saturday	Mount
Sep 20 – Sep 26	(3.6) Sport Guards	Saturday	Side Mount
Sep 27 – Oct 3	(3.6) Sport Guards (Closed Sep 30 – Truth and Reconciliation Day)	Tuesday	Guard
Oct 4 – Oct 10	(4.1) Half Guard Bottom	Tuesday	Half Guard
Oct 11 – Oct 17	(4.1) Half Guard Bottom (Closed Oct 12 - Thanksgiving)	Tuesday	-
Oct 18 – Oct 24	(4.2) Half Guard Top	Thursday	Back Mount
Oct 25 – Oct 31	(4.2) Half Guard Top	Thursday	Leg Locks
Nov 1 – Nov 7	(5.1) Back Mount Controls	Thursday	Standing

*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.