

# MASTER CYCLE®

December 2026

| Week of                   | Positional Chapter Focus                                                                                                                                              | Fight Sim Day |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| November 30 – December 5  | RD: Side Mount<br>Fundamentals: Back<br>Guard: BBS1: 21, BBS2:24                                                                                                      | Tuesday       |
| December 7 – December 12  | RD: Standing<br>Fundamentals: Leg Locks<br>Guard: BBS1: 22, 23, BBS2: 25                                                                                              | Tuesday       |
| December 14 – December 19 | RD: Fight Sim<br>Fundamentals: Standing<br>Guard: BBS1: 24, BBS2: 26                                                                                                  | Tuesday       |
| December 21 – December 26 | RD: Mount<br>Fundamentals: Mount<br>Guard: BBS1:25, BBS2: 27<br><b>CLOSED Thursday, December 24<sup>th</sup> – Saturday, December 26<sup>th</sup></b>                 | Tuesday       |
| December 28 – January 2   | RD: Guard<br>Fundamentals: Side Mount<br>Guard: BBS1:26, BBS2: 28<br><b>CLOSED Thursday, December 31<sup>st</sup> and Friday, January 1<sup>st</sup> for New Year</b> | Tuesday       |

| Master Cycle Weekly Schedule*              |                                   |                                      |                                          |        |                                              |
|--------------------------------------------|-----------------------------------|--------------------------------------|------------------------------------------|--------|----------------------------------------------|
| Monday                                     | Tuesday                           | Wednesday                            | Thursday                                 | Friday | Saturday                                     |
|                                            |                                   |                                      |                                          |        |                                              |
|                                            |                                   |                                      |                                          |        | <b>9:30a – 10:30a</b><br>Reflex Development  |
|                                            |                                   |                                      | <b>12:30p – 1:30p</b><br>MC Technique    |        |                                              |
|                                            |                                   |                                      |                                          |        | <b>1:30p – 2:30p</b><br>MC Fight Sim (no-gi) |
|                                            |                                   | <b>7:00p – 8:30p</b><br>MC Technique |                                          |        |                                              |
| <b>7:30p-8:30p</b><br>MC Fundamentals/Prep |                                   |                                      | <b>8:00p-9:00p</b><br>Reflex Development |        |                                              |
| <b>8:30-9:30p</b><br>MC Technique          | <b>8:30-9:30p</b><br>MC Fight Sim |                                      | <b>9:00p-10:00p</b><br>MC Technique      |        |                                              |

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Dry Fit or rashguard (blue or black) along with white 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. sparring gloves, 18oz. 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.