

MASTER CYCLE®

September 2026

Week of	Positional Chapter Focus	Fight Sim Day
August 31 – September 5	RD: Fight Sim Fundamentals: Leg Locks Side Mount: BBS1: 10, BBS2: 9 CLOSED Saturday, September 5th for Labor Day	Tuesday
September 7 – September 12	RD: Mount Fundamentals: Standing Side Mount: BBS1: 11, BBS2: 10 CLOSED Monday, September 7th for Labor Day	Wednesday
September 14 – September 19	RD: Guard Fundamentals: Mount Side Mount: BBS 1:12, BBS 2:11	Wednesday
September 21 – September 26	RD: Side Mount Fundamentals: Side Mount Side Mount: BBS 1:13, BBS2: 12	Wednesday
September 28 – October 3	RD: Standing Fundamentals: Guard Side Mount: BBS1: 14, BBS2: 13	Wednesday

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