

# MASTER CYCLE®

Week of	Positional Chapter Focus
November 22 – November 27	Chapter Review: Side Mount (*Closed Nov 25-28 <sup>th</sup> for Thanksgiving Day weekend*)
November 29 – December 4	3.1 Guard: Controls
December 6 – December 11	3.1 Guard: Controls
December 13 – December 18	3.2 Guard: Guard Passes
December 20 – December 25	3.2 Guard: Guard Passes (*Closed December 24-26 <sup>th</sup> for Christmas holiday*)
December 27 – January 1	3.2 Guard: Guard Passes (*Closed December 31 <sup>st</sup> and January 1 <sup>st</sup> for New Years*)
January 3 – January 8	3.3 Guard: Submissions
January 10 – January 15	3.3 Guard: Submissions
January 17 – January 22	3.4 Guard: Submission Counters

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30a – 10:30a MC Technique (Gi)
					10:30a-11:00a MC Sparring (Gi)
5:00p – 6:00p MC Technique (No-gi)		5:00p – 6:00p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)		5:00p – 6:00p MC Review & Roll (Gi)	
	7:30p-8:30p MC Technique (Gi)		7:30p-8:30p MC Technique (No-gi)		
	8:30p – 9:00p MC Sparring (Gi)		8:30p-9:00p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)		

\*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.