

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
Mar 31 – Apr 6	2.4 Side Mount Submission Counters <i>Closed Saturday March 30 2024)</i>	Thursday	4. Half Guard
Apr 7 - 13	3.1 Guard Controls	Saturday	4.Back Mount
Apr 14 - 20	3.1 Guard Controls	Saturday	6.Leg Locks
Apr 21 - 27	3.2 Guard Passes	Saturday	7.Standing
Apr 28 – May 4	3.2 Guard Passes	Saturday	1.Mount
May 5 - 11	3.3 Guard Submissions	Monday	2. Side Mount
May 12 - 18	3.3 Guard Submissions	Monday	3.Guard
May 19 - 25	3.4 Guard Submissions Counters <i>(Closed Monday May 20 2024)</i>	Tuesday	4.Half Guard
May 26 -June 1	3.4 Guard Submissions Counters	Monday	5.Back 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 (Gi)
7:15p – 8:15p RD class (No Gi) <i>(Ending May 3)</i>				6:15p – 7:15p RD class (No Gi) <i>(Starting May 3)</i>	
8:15p – 9:15p MC Fundamentals (No Gi))	7:45p – 8:30p MC Technique (Gi)		7:45p – 8:30p MC Technique (No- Gi)		
	8:30p – 9:00p MC Tech & Spar (Gi)		8:30p – 9:00p MC Tech & Spar (Gi)		

- **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.