

# MASTER CYCLE®

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

Week of	Positional Chapter Focus
April 24 – May 3	Standing Chapter : Front Attack Defenses
May 5 - 10	Standing Chapter : Rear Attack Defenses
May 12 - 17	Standing Chapter : Weapon Defenses
May 19 - 24	Standing Chapter : Weapon Defenses
May 26 - 31	Standing Chapter : Weapon Defenses
June 2 - 7	Standing Chapter : Clinch/Takedowns
June 9 - 14	Standing Chapter : Clinch/Takedowns
June 16 - 21	Standing Chapter : Clinch/Takedowns
June 23 - 28	Chapter Review: Standing

Tuesday	Thursday	Friday	Saturday
<b>12:30p – 1:00p</b> MC Technique (No Gi)			<b>11:00a – 12:30p</b> MC Technique (Gi & no gi) Weekly review
<b>1:00p-1:30p</b> MC Sparring ( No Gi)			<b>12:30p – 1:00p</b> Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)
			<b>1:00p – 2:00p</b> Reflex Development
<b>7:00p-8:00p</b> MC Technique (Gi)	<b>8:10p-9:10p</b> MC Technique (Gi)	<b>7:30p – 8:30p</b> Reflex Development	
<b>8:00p-8:30p</b> Fight Simulation (gi)	<b>9:10p-9:40p</b> Fight Simulation (gi)	<b>8:30p-9:30p</b> MC Fundamentals (Gi)	
<b>8:30p – 9:30p</b> MC Sparring (Gi)	<b>9:40p – 10:30p</b> MC Sparring (Gi)	<b>9:30p-10:00p</b> MC Task Based Games	

- **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.