

MASTER CYCLE®

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

Week of	Positional Chapter Focus
Jan 5 - 17	Guard Chapter : Guard Control and Passes
Jan 19 - 31	Guard Chapter : Guard submission & Submission Counters
Feb 1 - 14	Guard Chapter : Guard Sweep
Feb 16- 28	Guard Chapter : Sport Guard and Guard review
Mar 2 - 14	Half Guard Chapter : Half Guard Bottom
Mar 16 - 31	Half Mount Chapter : Half Guard Top
April 1 - 18	Back Mount Chapter : Back Mount Control
April 20 -30	Back Mount Chapter : Back Mount Submission
May 1 - 16	Back Mount Chapter : Back Mount Submission Counters
May 18 - 30	Back Mount Chapter : Back Mount full review

Tuesday	Thursday	Friday	Saturday
		2:30p – 3:00p MC Technique (Gi)	11:00a – 11:40a MC Technique (Gi & no gi) Weekly review
		3:00p-3:30p MC Sparring (Gi)	11:40a – 12:00p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)
7:00p-8:00p MC Technique (Gi)	8:10p-9:10p MC Technique (Gi)	6:30p – 7:30p Reflex Development	12:00p-1:00p MC Fundamentals Day 2 (Gi)
8:00p-8:30p Fight Simulation (gi)	9:10p-9:40p Fight Simulation (gi)	7:30p-8:30p MC Fundamentals Day 1 (Gi)	1:00p – 2:00p Reflex Development
8:30p – 9:30p MC Sparring (Gi)	9:40p – 10:30p MC Sparring (No Gi)	8:30p-9:00p 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.