

# MASTER CYCLE®

\*Students should bring gloves and mouthguards for fight sim & all MC classes. \*Schedule is subject to change.

Week of Monday - Saturday	Positional Chapter Focus
May 6 - May 11	6.3 Knee Locks
May 13 - May 18	6.3 Knee Locks <span style="color: blue;">No Class May 18: WIM HOF Method &amp; Jiu-Jitsu Seminar 9am -12pm</span>
May 20 - May 25	6.4 Heel Hooks
May 27 - June 1	6.4 Heel Hooks <span style="color: red;">No Class May 27: Memorial Day</span>
June 3- June 8	Leg Locks Review
June 10 - June 15	Leg Locks Review
June 17 - June 22	7.1 Standing Front Attack Defenses
June 24 - June 29	7.1 Standing Front Attack Defenses

Master Cycle Weekly Schedule *					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm - 7:30pm Gi	7:15pm - 8:45pm No Gi/ Fight Sim		7:15pm RD	10:30am RD	9:00am - 10:20am Gi/Fight Sim

- **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.