

MASTER CYCLE®

- **Training Uniform:** Only white Gracie University gis permitted. For no-gi classes, please wear only Gracie University dry fit t-shirt or rashguards and fight shorts, or white gi pants. Please wear your jiu-jitsu belt in all 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. Fight Simulation will change day of the week each month to provide all students this important training. Safety and collaboration is the top priority in this class.
- **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.
- Class schedule subject to change based on holidays and special events.

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Week of	Positional Chapter Focus	Fight Sim Day
April 29 th -May 4th	BBS1 1.1 Mount Controls: Lessons 1, 2	Monday
May 6 th -May 11th	BBS2 1.1 Mount Controls: Lessons 1, 2	Tuesday
May 13 th -18th	BBS3 1.1 Mount Controls: Lessons 1, 2	Tuesday
May 20 th -25th	BBS1 1.2 Mount Escapes: Lessons 3, 4	Tuesday
May 27 th -June 1st	BBS2 1.2 Mount Escapes: Lessons 3, 4	Tuesday
June 3 rd -8th	BBS 3 1.2 Mount Escapes: Lessons 3, 4	Thursday
June 10 th -15th	BBS1 1.3 Mount Submission Counters: Lessons 5, 6, 7	Thursday
June 17 th -22nd	BBS2 1.3 Mount Submission Counters: Lessons 5, 6 NO DAY CLASSES M-F SUMMER CAMP EVENT BULLYPROOF	Thursday
June 24 th -27th	BBS3 1.3 Mount Submission Counters: Lessons 5, 6	Thursday
July 1 ST -3 RD	BBS1 1.4 Mount Submission Counters: Lessons 7, 8 CLOSED TH-SAT	Monday

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:00 MC Technique (Gi)		12:00-1:00 MC Technique (Gi)		12:00-1:00 MC Technique (Gi)	
					1:00p-2:00p MC Fundamentals (Gi)
7:00p – 8:00p MC Technique (No-Gi)	7:00p – 8:00p MC Technique (Gi)		7:00p-8:00p MC Technique (Gi)		
8:00p-8:30p MC Sparring (No-Gi)	8:00p-8:30p MC Sparring (Gi)		8:00p-8:30p MC Sparring (Gi)		