

MASTER CYCLE®

November 2021	Positional Chapter Focus	
Monday	2.1 Side Mount: Escapes	
Tuesday	2.2 Side Mount: Controls	
Thursday	2.3 Side Mount: Submissions	
Friday	2.4 Side Mount: Submission Counters	
DAYTIME CLASSES		
1-5 November 1pm	Closed 1 November – Public Holiday Friday 5 th - BBS1 L1	
8-12 November 1pm	Monday 8 th BBS1 L2	Friday 12 th – BBS1 L3
15-19 November 1pm	Monday 8 th BBS1 L4	Friday 12 th – BBS1 L5
22-26 November 1pm	Monday 8 th BBS1 L6	Friday 12 th – BBS1 L7
29 November - 3 December 1pm	Monday 8 th BBS1 L8	Friday 12 th – BBS1 L9

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00p – 2:00p MC Technique (Gi)				1:00p – 2:00p MC Technique (Gi)	
	7:00p-7:45p MC Technique (No-gi)		7:00p-7:45p MC Technique (Gi)	7:00p-7:45p MC Technique (Gi)	
7:30p – 8:15p MC Technique (Gi)	7:45p-8:30p Fight Simulation (No-gi) (5.5oz Gloves/Mouth Guard)		7:45p-8:30p MC Sparring (Gi)	7:45p-8:30p MC Sparring (Gi)	
8:15p-8:45p MC Sparring (Gi)					

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

- **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.