

MASTER CYCLE®

January 2022	Positional Chapter Focus
Monday	3.1 Guard: Controls
Tuesday	3.2 Guard: Passes
Thursday	3.3 Guard: Submissions
Friday	3.4 Guard: Submission Counters
DAYTIME CLASSES	SATURDAYS 11am – 12pm BBS1 Drills
7 January 1pm	Friday 7th - BBS1 L12
10-14 January 1pm	Monday 10 th BBS1 L13 Friday 14 th – BBS1 L14
17-21 January 1pm	Monday 17 th BBS1 L15 Friday 21 st – BBS1 L16
24-28 January 1pm	Monday 24 th BBS1 L17 Friday 28 th – BBS1 L18
31 January – 4 February 1pm	Monday 31 st BBS1 L19 Friday 4 th – BBS1 L20

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00a-12:00p BBS1 Drilling
1:00p – 2:00p MC Technique (Gi)				1:00p – 2:00p MC Technique (Gi)	
	7:00p-7:45p MC Technique (Gi)		7:00p-7:45p MC Technique (Gi)	7:00p-7:45p MC Technique (Gi)	
7:30p – 8:15p MC Technique (NO-GI)	7:45p-8:30p MC Sparring (Gi)		7:45p-8:30p MC Sparring (Gi)	7:45p-8:30p MC Sparring (Gi)	
8:15p-8:45p Fight Simulation (NO-GI) (5.5oz Gloves/Mouth Guard)					

*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.