

# MASTER CYCLE®

May 2022	Positional Chapter Focus
Monday	7.1 Front Attack Defences
Tuesday	Principle 7 - Velocity
Thursday	7.2 Rear Attack Defences
Friday	7.4 Clinch/Takedowns
<b>DAYTIME CLASSES</b>	<b>SATURDAYS 11a – 12p BBS1 Drills (7 May Open Mat 11a-12p) 28 May LVT DAY</b>
6 May 1pm	Friday 6 <sup>th</sup> – BBS1 L42
9-13 May 1pm	Monday 9 <sup>th</sup> BBS1 L43      Friday 13 <sup>th</sup> – BBS1 L44
16-20 May 1pm	Monday 16 <sup>th</sup> BBS1 L45      Friday 20 <sup>th</sup> – BBS1 L46
23-27 May 1pm	Monday 23 <sup>rd</sup> BBS1 L47      Friday 27 <sup>th</sup> – BBS1 L48
30 May 1pm	Monday 30 <sup>th</sup> BBS1 L49

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-8:00p MC Bridging Class (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.