

MASTER CYCLE®

June 2024	Positional Chapter GROUND	STANDING LESSON	
Monday closed 17 June	Half Guard Bottom	BBS3 L59, BBS4 L50, PUBLIC HOLIDAY , BBS4 L57	
Tuesday	Principle 26 – Ratchet	BBS3 L60, BBS4 L51, BBS4 L54, BBS4 L58	
Wednesday	MC Fundamentals – Side Mount		
Thursday	Guard Sweeps	BBS4 L48, BBS4 L52, BBS4 L55, BBS4 L59	
Friday	Sport Guards	BBS4 L49, BBS4 L53, BBS4 L56, BBS4 L60	
DAYTIME CLASSES	WEDNESDAY 12noon	SATURDAY 8AM (MC LADIES)	SATURDAY 11AM
27 May – 1 June	BBS1 L55	BBS1L5&6	Half-Guard Top
3-8 June	BBS1 L56	BBS1L7&8	Half-Guard Top
10-15 June	BBS1 L57	BBS1L9	Half-Guard Top
17-22 June	BBS1 L58	BBS1Mount Review	Half-Guard Top
24-29 June	BBS1 L59	BBS1Mount Review	Half-Guard Top

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00a-9:00a Gracie Girls MC (Gi)
					11:00a-11.45a MC Technique (Gi)
					11.45a-12.15p Reflex Development
		12:00p – 12:30p MC Technique (Gi)			12.15p-12.30pm Fight Simulation (5.5oz Gloves/Mouth Guard)
		12:30p - 1:00p Fight Simulation (5.5oz Gloves/Mouth Guard)			
	6:00p-6:45p MC Technique (Gi)		6:00p-6:45p MC Technique (Gi)		
	6:45p-7:30p MC Sparring (Gi)		6:45p-7:30p MC Sparring (Gi)		
7:30p – 8:15p MC Technique (NO-Gi)		7:00p-8.30p MC Fundamentals (Gi)		7:00p-7:45p MC Technique (Gi)	
8:15p-8:45p MC Sparring (NO-Gi)				7:45p-8:30p 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.