



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

	Chapter Focus
JUL 29	Guard Submissions
AUG 5	Guard Submission Counters
AUG 12	Guard Submissions
AUG 19	Guard Submission Counters
AUG 26	Guard Sweeps
SEP 2	Guard Sweeps
SEP 9	Sport Guards
SEP 16	Sport Guards
SEP 23	Guard Chapter Review

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30p – 8:30p MC Technique (Gi)		6:30p – 7:30p Fight Simulation (No-gi) (Gloves & Mouth Guard)		6:15p – 7:15p Reflex Development	2:30p – 3:30p MC Technique & Sparring (Gi)

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Rash Guard along with white gi pants or black Fight Shorts.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5 oz. Sparring Gloves, and a Mouth Guard to participate.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on a minimum attendance of 100 classes (including 10 RD classes and 10 FS classes) and at least eight months of regular training. Please keep in mind that these are minimum eligibility requirements and actual promotions are based on overall progress.