



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

SEPTEMBER 2021	Blue Belt Stripe 1 Techniques
4th	Gracie Combatives Reflex Development
6th	Labor Day: No Class
8th	Lesson 27: Cross Sweep
11th	Gracie Combatives Reflex Development
13th	Lesson 28/29: Butterfly Guard/Spider Guard
15th	Lesson 30: Guard Recovery
18th	Gracie Combatives Reflex Development
20th	Lesson 31: Take the Back
22nd	Lesson 32: Elevator Sweep
25th	Gracie Combatives Reflex Development
27th	Lesson 33: Tripod Pass

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30p-8:30p MC Technique & Drilling (Gi)		7:30p-8:30p MC Technique & Sparring (Gi)			12pm Reflex Development

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu dry fit t-shirt or rashguard (blue or black) along with white gi pants or black Gracie fight shorts. No other t-shirts, rash guards, 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 5.5 oz. sparring gloves, 18 oz. fight sim 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.

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