



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

JANUARY 2023	Blue Belt Stripe 1 Techniques
4th	Lesson 48: Standard Heel Hook
7th	Reflex Development
11th	Lesson 49: Primary Counter
14th	NO CLASS (Women Empowered Seminar)
18th	Lesson 50: Sucker Punch Defense
21st	Reflex Development
25th	Lesson 51: Standing Headlock Defense
28th	Reflex Development
February 1st	Lesson 52: Rear Choke Defense
February 4th	Reflex Development

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:30p-9pm MC Technique & Sparring (Gi)			12p-1pm Reflex Development with strikes & RMD

*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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