



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

| NOVEMBER 2022 | Blue Belt Stripe 1 Techniques |
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| 2nd | Lesson 41: Frame Escape |
| 5th | Reflex Development |
| 9th | Back Mount Chapter Review |
| 12th | NO CLASS |
| 16th | Lesson 42: Open Guard Setup |
| 19th | Reflex Development |
| 23rd | Lesson 43: Primary Counter |
| 26th | NO CLASS |
| 30th | Lesson 44: Standard Toe Hold |
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| Master Cycle Weekly Schedule* | | | | | |
|-------------------------------|---------|---|----------|--------|-------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 7:30p-9pm MC Technique & Sparring (Gi) | | | 12p-1pm Reflex Development & 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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