



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

NOVEMBER 2021	Blue Belt Stripe 1 Techniques
6th	Reflex Development
8th	Lesson 34: Sitting Pass
10th	Lesson 35: Standing Pass
13th	Reflex Development
17th	Lesson 36: Crossover Control
20th	Reflex Development
24 <sup>th</sup> Thanksgiving Break	No Class
27 <sup>th</sup> Thanksgiving Break	No Class
December 1 <sup>st</sup>	Lesson 37: Triple Threat
December 4 <sup>th</sup>	Reflex Development
December 8 <sup>th</sup>	Lesson 38

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

[www.GracieUniversity.com/NewBraunfels](http://www.GracieUniversity.com/NewBraunfels) | 4306 FM Road 482, New Braunfels, TX 78132 | (210)787-0542 | GracieNewBraunfels@gmail.com