



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

MAY 2023	Blue Belt Stripe Techniques
3rd	Mount Submissions Focus
6th	Reflex Development
10th	Mount Submissions Focus
13th	Reflex Development
16th	Mount Submissions Focus
20th	Reflex Development
24th	Mount Submissions Focus
27th	Reflex Development
31st	Mount Submissions Focus
April 1st	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.

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