



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
January 18 – 23	3.1 <b>Guard:</b> Controls
January 25 – 30	3.2 <b>Guard:</b> Passes
February 1 - 6	3.3 <b>Guard:</b> Submissions
February 8 - 13	3.4 <b>Guard:</b> Submissions Counters
February 15 - 20	3.5 <b>Guard:</b> Sweeps
February 22 - 27	3.6 <b>Guard:</b> Sport Guards
March 1 - 6	4.1 <b>Side Mount:</b> Bottom Strategies
March 8 - 13	4.2 <b>Side Mount:</b> Top Strategies
March 15 - 20	5.1 <b>Back Mount:</b> Controls
March 22 - 27	5.2 <b>Back Mount:</b> Submissions

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00a – 9:45a MC Technique (Gi)
	12:00p – 12:45p MC Technique (Gi)			12:00p – 12:45p MC Technique (Gi)	
		6:00p – 6:45p MC Technique (Gi)			
7:00p-7:45p MC Technique (Gi)				7:00p-7:45p MC Technique (Gi)	

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