



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
November 9 – 14	7.4 Standing: Clinch & Takedowns
November 16 – 21	1.1 Mount: Escapes
November 23 - 28	1.2 Mount: Controls *Closed November 26 - 28 for Thanksgiving
November 30 – December 5	1.3 Mount: Submissions
December 7 – December 12	1.4 Mount: Submission Counters
December 14 – 19	2.1 Side Mount: Escapes
December 21 - 26	2.2 Side Mount: Controls *Closed December 23 - 26 for Christmas
December 28 – January 2	2.3 Side Mount: Submissions *Closed December 28 – January 2 for New Years
January 4 – January 9	2.3 Side Mount: Submissions *Closed January 4 for New Years
January 11 - 16	2.3 Side Mount: Submission Counters

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)	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.