



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
March 9 - 14	5.3 Back Mount: Submission Counters
March 16 - 21	Chapter 5: Review
March 23 - 28	6.1 Leg Locks: Straight Foot Locks
March 30 - April 4	6.1 Leg Locks: Straight Foot Locks
April 6 - 11	6.1 Leg Locks: Straight Foot Locks
April 13 - 18	6.2 Leg Locks: Toe Hold Foot Locks
April 20 - 25	6.2 Leg Locks: Toe Hold Foot Locks
April 27 - May 2	6.2 Leg Locks: Toe Hold Foot Locks
May 4 - 9	6.3 Leg Locks: Knee Locks

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00a – 8:30a MC Technique & Sparring		7:00a – 8:30a MC Technique & Sparring		
					9:00a – 10:00a MC Technique & Sparring
12:00p – 1:00p MC Technique (No-gi)	11:00a – 12:00p MC Technique (Gi)	12:00p – 1:00p MC Technique (Gi)	11:00a – 12:00p MC Technique (No-gi)	12:00p – 1:00p MC Technique (Gi)	
1:00p-1:30p MC Sparring (No-gi)	12:00p – 12:30p MC Sparring (Gi)	1:00p-1:30p MC Sparring(Gi) (5.5oz Gloves/MouthGuard)	12:00p-12:30p Fight Simulation (No-gi) (Both Gloves & Mouth Guard)	1:00p-1:30p MC Sparring (Gi)	
6:30p – 7:30p MC Technique (No-gi)		6:30p – 7:30p MC Technique (Gi)	7:30p-8:30p MC Technique (No-gi)	7:30p-8:30p MC Technique (Gi)	
7:30p-8:00p MC Sparring (No-gi)	8:30p – 9:30p MC Tech & Sparring (Gi)	7:30p-8:00p MC Sparring(Gi) (5.5oz Gloves/MouthGuard)	8:30p-9:00p Fight Simulation (No-gi) (Both Gloves & Mouth Guard)	8:30p-9:00p MC Sparring (Gi)	

*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.