



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
March 29 – April 3	5.3 Back Mount: Submission Counters
April 5 – 10	6.1 Leg Locks: Straight Foot Locks
April 12 - 17	6.2 Leg Locks: Toe Hold Foot Locks
April 19 - 24	6.3 Leg Locks: Knee Locks
April 26 – May 1	6.4 Leg Locks: Heel Hooks
May 3 - 8	7.1 Standing: Front Attack Defenses
May 10 - 15	7.2 Standing: Rear Attack Defenses
May 17 - 22	7.3 Standing: Weapon Defenses
May 24 - 29	7.4 Standing: Clinch & Takedowns
May 31 – June 5	1.1 Mount: Escapes

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.