



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

| Week of | Chapter Focus |
|--------------------------|--|
| August 31 – September 5 | 5.1 Back Mount: Controls |
| September 7 – 12 | 5.2 Back Mount: Submissions |
| September 14 - 19 | 5.3 Back Mount: Submission Counters |
| September 21 – 26 | 6.1 Leg Locks: Straight Foot Locks |
| September 28 – October 3 | 6.2 Leg Locks: Toe Hold Foot Locks |
| October 5 – 10 | 6.3 Leg Locks: Knee Locks |
| October 12 - 17 | 6.4 Leg Locks: Heel Locks |
| October 19 - 24 | 7.1 Standing: Front Attack Defenses |
| October 26 - 31 | 7.2 Standing: Rear Attack Defenses |
| November 2 - 7 | 7.3 Standing: Weapon Defenses |

| 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) | |
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| | | 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.