



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
JAN 5	Half Guard Top
JAN 12	Half Guard Top
JAN 19	Half Guard Top
JAN 26	Half Guard Bottom
FEB 2	Half Guard Bottom
FEB 9	Half Guard Bottom
FEB 16	Half Guard Review
FEB 23	Straight Foot Locks
MAR	Straight Foot Lock Counters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15p – 9:15p MC Technique (Gi)		6:30p – 7:30p Fight Simulation (No-gi) (Gloves & Mouth Guard)	6:15p – 7:15p Reflex Development		2:30p – 3:30p MC Fundamentals (Gi)

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

- **No-gi Attire:** Please wear a Gracie Jiu-Jitsu Rash Guard along with white gi pants or black Fight Shorts.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5 oz. Sparring Gloves, and a Mouth Guard to participate.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on a minimum attendance of 100 classes (including 10 RD classes and 10 FS classes) and at least eight months of regular training. Please keep in mind that these are minimum eligibility requirements and actual promotions are based on overall progress.