



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
Apr 28	Mount Escapes
May 5	Mount Escapes
May 12	Mount Controls
May 19	Mount Controls
May 26	Mount Submissions
Jun 2	Mount Submission Counters/ Front Attack Defenses
Jun 9	Mount Submissions
Jun 16	Mount Submission Counters/Rear Attack Defenses
Jun 23	Mount Chapter Review/Sparring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30p – 8:30p 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 Technique (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.