



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
Jul 3	Guard Sweeps
Jul 10	Guard Sweeps
Jul 17	Review/Sparring Week
Jul 24	CLOSED FOR SUMMER BREAK! Classes resume Aug 2
Aug 2	Sport Guards
Aug 7	Sport Guards
Aug 14	Guard Chapter Review
Aug 21	Guard Chapter Review
Aug 28	Half Guard Bottom Strategies

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00p – 8:00p MC Technique (Gi)		7:00p – 8:00p Fight Simulation (No-gi) (Gloves & Mouth Guard)		6:15p – 7:15p MC Technique & Sparring (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.