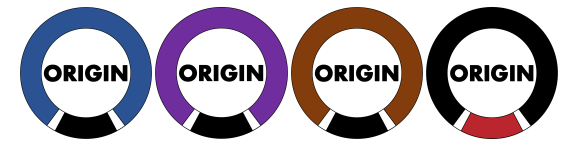




# THE MASTER CYCLE ®

*The Gracie Way From Blue To Black Belt*



JULY 2019						
TECHNIQUE OF THE WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GUARD - SUBMISSION COUNTERS</b> <b>BBS2 - Lesson 25</b> Lapel Chokes Gi Guard Startup Sparring	July 1  NO CLASSES	July 2 11am til 12.30pm 7pm til 8.30pm	July 3  NO CLASSES	July 4 11am til 12.30pm 7.15pm til 8.45pm	July 5  NO CLASSES	July 6  CLOSED FOR RYRON GRACIE SEMINAR
<b>GUARD - SUBMISSION COUNTERS</b> <b>BBS3 - Lesson 22</b> Guillotine No Gi Fight Simulation Sparring	July 8  NO CLASSES	July 9 11am til 12.30pm 7pm til 8.30pm	July 10  NO CLASSES	July 11 11am til 12.30pm 7.15pm til 8.45pm	July 12  NO CLASSES	July 13 2.15pm til 3.45pm
	July 15  CLOSED FOR WE ICP	July 16  CLOSED FOR WE ICP	July 17  CLOSED FOR WE ICP	July 18  CLOSED FOR WE ICP	July 19  CLOSED FOR WE ICP	July 20  CLOSED FOR WE ICP
<b>GUARD - SUBMISSION COUNTERS</b> <b>BBS3 - Lesson 23</b> Omoiplata Gi Half Guard Startup Sparring	July 22  NO CLASSES	July 23 11am til 12.30pm 7pm til 8.30pm	July 24  NO CLASSES	July 25 11am til 12.30pm 7.15pm til 8.45pm	July 26  NO CLASSES	July 27 2.15pm til 3.45pm
<b>GUARD - SUBMISSIONS</b> <b>BBS1 - Lesson 24</b> Wrist Control Sequence No Gi Fight Simulation Sparring	July 29  NO CLASSES	July 30 11am til 12.30pm 7pm til 8.30pm	July 31  NO CLASSES	August 1 11am til 12.30pm 7.15pm til 8.45pm	August 2  NO CLASSES	August 3 2.15pm til 3.45pm

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

- **No Gi Attire:** Please wear a Gracie Jiu-Jitsu/Alavanca/Origin dry fit t-shirt (black or blue) or rashguard with white gi pants or Gracie Jiu-Jitsu/Alavanca/Origin dry fit t-shirt fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no gi classes.
- **Street Sparring:** All students must have open finger Gracie sparring gloves (5.5oz), and a mouth guard to participate in Street Sparring Sessions.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5oz sparring gloves, 18oz fight sim gloves, and a mouth guard to participate.
- **Master Cycle Stripe Promotion:** Master Cycle stripe promotion consideration is based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes). Please keep in mind that these are minimum requirements and do not guarantee promotion.

**Note:** All Master Cycle Lessons are 90 minutes in duration and are split into 2 sections: a) 45 mins **TECHNIQUE** and b) 45 mins **SPARRING**, although it is not compulsory to do them both it is strongly advised that students refrain from just training the sparring portion alone as ignoring technique can and will seriously hinder your progress.