



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

| Week of | Chapter Focus |
|--------------------------|---|
| July 29 - August 3 | 3.3 Guard: Submissions |
| August 5 - 10 | 3.3 Guard: Submissions |
| August 12 - 17 | 3.3 Guard: Submissions |
| August 19 - 24 | 3.4 Guard: Submission Counters |
| August 26 - 31 | 3.4 Guard: Submission Counters |
| September 2 - 7 | 3.4 Guard: Submission Counters <i>We will be CLOSED for Labor Day on Monday, Sept 2, 2019.</i> |
| September 9 - 14 | 3.5 Guard: Sweeps |
| September 16 - 21 | 3.5 Guard: Sweeps |
| September 23 - 28 | 3.5 Guard: Sweeps |
| September 30 - October 4 | 3.6 Guard: Sport Guards |

| Master Cycle Weekly Schedule* | | | | | |
|--|---|---|--|--|---------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | 9:00a – 10:00a MC Tech & Spar (Gi) |
| 10:00a – 11:00a MC Tech & Spar (Gi) | | | | 10:00a – 11:00a Fight Simulation (No-Gi, Gloves & Mouth Guard) | |
| | | 11:00a – 12:00p MC Tech & Spar (No-Gi) | | | |
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| 6:30p – 7:30p MC Technique (Gi) | | 6:30p – 7:30p MC Technique (Gi) | | | |
| 7:30p – 8:00p MC Sparring (Gi) | | 7:30p – 8:00p MC Sparring (Gi) | 7:30p – 8:30p MC Technique (No-Gi) | 7:30p – 8:30p MC Tech & Spar (No-Gi) | |
| | 8:30p – 9:30p MC Tech & Spar (No-Gi) | | 8:30p – 9:00p Fight Simulation (No-Gi, Gloves & Mouth Guard) | | |

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

- **No-Gi Attire:** Please wear a Gracie Jiu-Jitsu dry fit t-shirt or rashguard along with white gi pants or Gracie fight shorts. No other t-shirts, rash guards, 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. Remember, the designated Street Sparring day will alternate every two calendar months if available.
- **Fight Simulation:** Fight Simulation Class is the most important class for promotion consideration. All participants must have 5.5 oz. sparring gloves, 18 oz. fight sim gloves, and a mouth guard to participate.
- **Master Cycle Stripe Promotions:** 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 attendance requirements and do not guarantee promotion.