Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Week of	Chapter Focus
September 2 - 7	3.4 Guard: Submission Counters ***We will be CLOSED for Labor Day on Monday, Sept 2, 2019.***
September 9 - 14	3.5 Guard: Sweeps
September 16 - 21	3.5 Guard: Sweeps
September 23 - 28	3.5 Guard: Sweeps
September 30 - **October** 5	3.6 Guard: Sport Guards
October 7 - 12	3.6 Guard: Sport Guards
October 14 - 19	3.6 Guard: Sport Guards
October 21 - 26	Chapter Review: Guard
October 28 - **November** 2	Chapter Review: Guard

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)			
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.