



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
February 10 – February 16	1.1 Mount - Escapes
February 17 – February 23	1.1 Mount - Escapes
February 24 – March 1	1.1 Mount - Escapes
March 2 – March 15 (Sparring rotation)	1.2 Mount - Controls
March 16 – March 22	1.2 Mount - Controls
March 23 – March 29	1.2 Mount - Controls
March 30 – April 5	1.3 Mount - Submissions
April 6 – April 12	1.3 Mount - Submissions
April 13 – April 19	1.3 Mount - Submissions
April 20 – April 26	1.4 Mount – Submission Counters
April 27 – May 3	1.4 Mount - Submission Counters
May 4 – May 10 (Sparring rotation)	1.4 Mount - Submission Counters
May 11 – May 17	2.1 Side Mount – Escapes
May 18 – May 24	2.1 Side Mount – Escapes
May 25 – May 31	2.1 Side Mount – Escapes
June 1 – June 7	2.1 Side Mount – Controls
June 8 – June 14	2.1 Side Mount – Controls

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am – 6:00am MC Technique (Gi)	5:30am – 7:00am MC Technique & Street Sparring (No – Gi, 5.5oz)	5:30am – 6:00am MC Technique (Gi)		7:00am – 8:00am MC Technique & Sparring (No - Gi)	7:00am – 8:00am MC Technique & Flow Sparring (Gi)
		11:30am – 1:00pm MC Technique & Sparring (No-Gi)				
9:00pm – 10:00pm MC Technique & Sparring (Gi)	8:30pm – 10:00pm MC Technique & Positional Sparring (Gi)	9:00pm – 9:30pm MC Technique & Fight Sim (Fight Sim – 18oz Gloves)	6:30pm – 8:00pm MC Technique & Sparring (Gi)	8:00p – 9:30p MC Technique & Street Sparring (No-Gi, 5.5oz)		

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

- **No-gi Attire:** Please wear a loose-fitting Gracie Jiu-Jitsu Dry Fit T-shirt (blue or black) or Gracie Jiu-Jitsu Rash Guard along with Gracie Fight Shorts. No other t-shirts, rash guards, or shorts allowed. **Please wear your jiu-jitsu belt in no-gi classes.**
- **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 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.*

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