



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
May 24 – May 30	5.3 Leg Locks – Knee Locks
May 31 – June 6	5.3 Leg Locks – Knee Locks
June 7 – June 13	5.4 Leg Locks – Heel Hocks (Attire Rotation)
June 14 – June 20	5.4 Leg Locks – Heel Hocks
June 21 – June 27	5.4 Leg Locks – Heel Hocks (Lachlan Giles No-Gi Seminar Friday 26 th June)
June 28 – Jul 4	5.4 Leg Locks – Heel Hocks
July 5 – July 11	7.1 Standing – Front Attack Defenses
July 12 – July 18	7.1 Standing – Front Attack Defenses
July 19 – July 25	7.1 Standing – Front Attack Defenses
July 26 – August 1	7.2 Standing - Rear Attack Defenses
August 2 – August 8	7.2 Standing - Rear Attack Defenses (Attire Rotation)
August 9 – August 15	7.2 Standing - Rear Attack Defenses
August 16 – August 22	7.3 Standing – Weapons Defenses
August 23 – August 29	7.3 Standing – Weapons Defenses
August 30 – September 5	7.3 Standing – Weapons Defenses
September 6 – September 12	7.4 Standing - Clinch and Takedowns
September 13 – September 19	7.4 Standing - Clinch and Takedowns

Starts June 7th

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

*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.*

www.GracieJiuJitsuBurwood.com.au | Unit 2/5-13 Sinnott Street, Burwood | 0430 125 229 | robbie.singh@graciejiujitsuBurwood.com.au