



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
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	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
September 20 – September 26	7.4 Standing - Clinch and Takedowns
September 27 – October 3	1.1 Mount - Escapes
October 4 – October 10	1.1 Mount - Escapes
October 11 – October 17	1.1 Mount - Escapes
October 18 – October 24	1.2 Mount - Controls
October 25 – October 31	1.2 Mount - Controls
November 1 – November 7	1.2 Mount - Controls
November 8 – November 21	1.3 Mount - Submissions
November 22 – November 28	1.3 Mount - Submissions
November 29 – December 5	1.3 Mount - Submissions

Starts August 2nd

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 – 8:30pm MC Sparring Circuit & Flow Sparring (Gi)	7:00am – 8:30am MC Wrestling & Sparring (No – Gi)
11:30am – 1:00pm MC Technique (Gi)		11:30am – 1:00pm MC Technique (Gi)				
9:00pm – 10:00pm MC Technique & Sparring (Gi)	8:30pm – 10:00pm MC Technique & Sparring (No-Gi Street Sparring, 5.5oz gloves)	8:00pm – 9:30pm MC Technique & Sparring (No-Gi)	8:00pm – 9:30pm MC Technique & Positional Sparring (Gi)	8:00pm – 9:30pm MC Technique & Fight Sim (Fight Sim - 18oz)		

*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