



MASTER

CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

Week of	Positional Chapter Focus	Fight Simulation Day	Chapters
Dec 4 - 9	Back Mount: Back Mount Controls	Tuesday	Mount
Dec 11 - 16	Back Mount: Back Mount Submissions	Tuesday	Side Mount
Dec 18 - 20	Back Mount: Back Mount Submissions	Tuesday	Guard
Dec 23rd	CLOSED	Tuesday	Half Guard
Dec 25 - Jan 1st	CLOSED	Tuesday	Back Mount
Jan 1 - 6	Back Mount: Back Mount Submissions Counters	Tuesday	Leg Locks
Jan 8 - 13	Back Mount: Back Mount Submissions Counters	Tuesday	Standing
Jan 15 - 20	Leg Locks: Straight Foot Locks	Tuesday	
Jan 22 - 27	Leg Locks: Straight Foot Locks	Tuesday	

*Class Schedule subject to change based on holidays and special events

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday		Saturday
		6:30am - 7:30am (NO GI)			
(NO GI) 12:00pm - 1:00pm			11:00am - 12:00pm (GI)		12:00pm - 1:30pm (NO GI)
6:30pm - 7:30pm (GI)		6:00pm - 7:30pm (GI)			
Reflex Development 7:30pm - 8:30pm	7:30pm - 9:00pm (NO GI)		7:30pm - 9:00pm (GI)		

Training Attire: Only white Gracie University gis permitted. For no-gi classes, please wear a Gracie University dry fit t-shirt or rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.

Fight Simulation: In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have 5.5oz. sparring gloves and a mouthguard to participate. Student safety and collaboration is the top priority in this class.

MC Stripe Promotions: Stripe promotions from blue to black belt are based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.