



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
Aug 1 – Aug 6	6.3 Knee Locks
Aug 8 – Aug 13	6.3 Knee Locks Review
Aug 15 – Aug 20	6.4 Heel Hooks
Aug 22 – Aug 27	6.4 Heel Hooks
Aug 29 – Sept 3	6.4 Heel Hooks Review
Sept 5 – Sept 10	6.0 Leg Lock Review
Sept 12 – Sept 17	7.1 Front Attack Defenses
Sept 19 – Sept 24	7.1 Front Attack Defenses

*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) along with white gi pants or black 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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