



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
Nov 28 – Dec 3	7.4 Clinch/Takedowns
Dec 5 – Dec 10	7.4 Clinch/Takedowns
Dec 12 – Dec 17	7.0 Standing Review
Dec 19 – Dec 24	7.0 Standing Review
Dec 26 – Dec 31	No Class Christmas and New Year Break
Jan 2 – Jan 7	7.0 Standing Review
Jan 9 – Jan 14	7.0 Standing Review
Jan 16 – Jan 21	7.0 Standing Review (No Classes Jan 18-21)

\*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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