



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
February 1 – February 6	1.2 Mount Escapes
February 8 – 13	1.2 Mount Escapes
February 15 – 20	1.3 Mount Submissions
February 22 – 27	1.3 Mount Submissions
March 1 – March 6	1.3 Mount Submissions
March 8 – March 13	1.4 Mount Submission Counters
March 15 – March 20	1.4 Mount Submission Counters
March 22 – March 27	1.4 Mount Submission Counters
March 29 – April 3	1.0 Mount Review

*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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