



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

| Chapter Focus | |
|-----------------------|----------------------------|
| February 28 – March 5 | 4.0 Half-Guard Top Review |
| March 7 – March 12 | 4.0 Half-Guard Review |
| March 14 – March 19 | 4.0 Half-Guard Review |
| March 21 – March 26 | 4.0 Half-Guard Review |
| March 27 – April 2 | 4.0 Half-Guard Review |
| April 3 – April 9 | 5.1 Back Mount Controls |
| April 10 – April 16 | 5.1 Back Mount Controls |
| April 17 – April 23 | 5.2 Back Mount Submissions |

*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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