



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Chapter Focus	
May 3 – May 8	2.1 Side Mount Controls
May 10 – May 15	2.1 Side Mount Controls
May 17 – May 22	2.2 Side Mount Escapes
May 24 – May 29	2.2 Side Mount Escapes
May 31 – June 5	2.3 Side Mount Submissions
June 7 – June 12	2.3 Side Mount Submissions
June 14 – June 19	2.4 Side Mount Submission Counters
June 21 – June 26	2.0 Side Mount Review
June 28 – July 3	2.0 Side 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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