MASTER CYCLE

Attendance Training Card

General Master Cycle Classes									
Reflex Development Classes									
Fight Simulation Classes									
10	20	30	40	50	60	70	80	90	100

8-Month Consideration		Instructor Approval	

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STUDENT IS NOT TO MARK THIS CARD

Master Cycle stripe promotion consideration is based on a minimum attendance of at least 100 classes (including 10 RD classes and 10 FS classes) and at least eight months of regular attendance. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion. For optimal growth, consider the following:

- Wear a clean gi, live a clean life.
- Identify the hidden lesson in every tap.
- Log on to GracieUniversity.com regularly.
- Become a black belt in Gracie Combatives.
- Use training time wisely. Talk less, drill more.
- When nursing injuries, come to class and observe.
- Respect all students and make their safety your priority.
- Go beyond techniques; become a student of principles.
- Make the most of the mat. Leave your ego at the door.
- Learn to become comfortable in worst case scenarios.
- Be eager to share/receive knowledge from anyone.
- Like our Grand Master, learn to instruct yourself.
- Pace yourself. It's a marathon, not a sprint.
- Learn how to fight so you never have to.
- Learn to learn between the lines.
- Tap early and tap often.