



Master Cycle MARCH 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26th BBS2 - L14 lapel chokes GI	27th BBS2 - L15 knee on stomach NO GI	28th 7.15pm Competition Class (Doors open at 7.12pm) NO GI	1st MARCH 90 MINUTES ROLLING NO GI	2nd BBS2 - L17 lapel choke counters GI	3rd FREE MC class 10:30 BBS1 Drill 2 practice GI
5th 7pm-7.30pm REFLEX - MOUNT BBS3 - L9 split control GI	6th BBS3 - L10 high low escape counters NO GI	7th 7.15pm Competition Class (Doors open at 7.12pm) NO GI	8th BBS3 - L11 back door escapes NO GI 7PM MC FIGHT SIM	9th BBS3 - L13 outside arm attack GI	10th FREE MC class 10:30 BBS1 Drill 2 practice GI
12th 7pm-7.30pm REFLEX - GUARD BBS3 - L12 knee on stomach GI	13th BBS3 - L14 Darce chokes NO GI	14th 7.15pm Competition Class (Doors open at 7.12pm) NO GI	15th BBS3 - L15 armlock counters NO GI	16th GI	17th FREE MC class 10:30 BBS1 Drill 2 practice GI
19th 7pm-7.30pm REFLEX - SIDEMOUNT BBS3 - L16 darce choke GI	20th BBS1 - L24 wrist control sequence NO GI 7PM MC FIGHT SIM	21st CLOSED PUBLIC HOLIDAY	22nd BBS1 - L28 butterfly guard NO GI	23rd BBS1 - L25 triple threat GI	24th FREE MC class 10:30 BBS1 Drill 2 practice GI
26th 7pm-7.30pm REFLEX - STANDING BBS1 - L30 guard recovery GI	27th BBS1 L31 take the back NO GI	28th 7.15pm Competition Class (Doors open at 7.12pm) NO GI	29th BBS1 - L33 tripod pass NO GI	30th CLOSED PUBLIC HOLIDAY	31st CLOSED PUBLIC HOLIDAY

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC Technique 7:15pm - 8pm	MC Technique 6:15pm - 7pm	Competition Class 7:15p - 8pm	MC Technique 6:15pm - 7pm	MC Technique NO GI 7:15pm - 8pm	MC Technique 10.30am-11am Open Mat 11am - 12am
MC Spar 8pm - 8:45pm	MC Spar 7pm - 7:45pm		MC Spar 7pm - 7:45pm	MC Spar NO GI 8pm - 8:45pm	

➤ **Official No-GI Attire:** Please wear a rashguard along with GI pants or Fight Shorts. Please wear your belt in no-GI classes.

➤ **Fight Simulation Equipment:** Fight Simulation Class is the most important class for promotion consideration

The Seven Chapters							
Sections	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
	Controls	Controls	Controls	Bottom Strategies	Controls	Straight foot locks	Front Attack Defences
	Escapes	Escapes	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defences
	Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defences
	Submissions counters	Submission Counters	Submission Counters			Heel Hooks	Clinch & Takedowns
			Sweeps				
			Sport Guards				

Beyond blue belt, Gracie Jiu jitsu consists of hundreds of advanced techniques, all of which have been organized into a clearly defined, systematic curriculum called The Master Cycle is broken down into seven positional chapters each of which is studied for several months before moving onto the next. To optimize your learning in the Master Cycle it is important that you utilize an appropriate blend of technique classes, sparring classes, and online study.

Grow at Your Own Pace Unlike the Gracie Combatives program, which is only designed for students at a single belt level (white), the Master Cycle program is designed to cater to students of four belt levels (blue, purple, brown and black). As a result, you will often be exposed to techniques beyond your belt level. Although these "bonus techniques" should be practiced and explored, and will give you a good idea of what to expect in the future, it is critical that you do not burden yourself with the task of trying to memorize them all. If a move seems easy and applicable for you, take it, but if not, leave it alone and trust that you'll get it next time you cycle through the same chapter. Remember, it's not a sprint, it's a marathon and you're the only one in the race, so be patient and have fun!