



Master Cycle

APRIL 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED PUBLIC HOLIDAY	3 BBS1 L 33 tripod pass GI	4 7.15pm Competition Class (Doors open at 7.12pm)	5 90 MINUTES ROLLING NO GI	6 BBS 1 L27 cross sweep GI	7 FREE MC class 10:30 BBS1 Drill 2 practice GI
9 7pm-7.30pm REFLEX - MOUNT BBS1 L34 sitting pass NO GI	10 BBS1 L35 three quarter guard pass GI	11 7.15pm Competition Class (Doors open at 7.12pm)	12 BBS2 L27 triangle mastery NO GI 7PM MC FIGHT SIM	13 BBS 1 L28 butterfly guard GI	14 FREE MC class 10:30 BBS1 Drill 2 practice GI
16 7pm-7.30pm REFLEX - GUARD BBS2 L24 triangle choke NO GI	17 BBS2 L18 Hazel counters GI	18 7.15pm Competition Class (Doors open at 7.12pm)	19 BBS2 L28 sit up sweep NO GI	20 BBS 1 L32 elevator sweep GI	21 FREE MC class 10:30 BBS1 Drill 2 practice GI
23 7pm-7.30pm REFLEX - SIDEMOUNT BBS2 L26 omoplate NO GI	24 BBS2 L20 standing knee split GI 7PM MC FIGHT SIM	25 7.15pm Competition Class (Doors open at 7.12pm)	26 BBS2 L31 basic sweep chain NO GI	27 CLOSED PUBLIC HOLIDAY	28 FREE MC class 10:30 BBS1 Drill 2 practice GI
30 7pm-7.30pm REFLEX - STANDING BBS2 L22 butterfly guard NO GI	01-May CLOSED PUBLIC HOLIDAY	2 7.15pm Competition Class (Doors open at 7.12pm)	3 90 MINUTES ROLLING GI	4 BBS2 L35 Turtle Control NO GI	5 FREE MC class 10:30 BBS1 Drill 2 practice GI
Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC Technique 7:15pm - 8pm	MC Technique 6:15pm - 7pm	Competition Class 7:15p - 8.15pm	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	

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

o **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!