



# Master Cycle

## JUNE 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b> <b>7pm-7.30pm</b> <b>REFLEX -STANDING</b> BBS1 L41 Frame Escapes <b>GI</b>	<b>29</b> BBS2 L39 Lapel Choke Counter <b>GI</b>	<b>30</b> <b>7.15pm</b> <b>Competition Class</b> <b>(Doors open at 7.12pm)</b>	<b>31</b> BBS2 L40 Turtle Escapes <b>GI</b>	<b>01-Jun</b> BBS3 L38 Belly Down Escapes <b>NO GI</b>	<b>2</b> MC class 10:30-11am BBS1 Drill 2 practice <b>GI</b>
<b>4</b> <b>7pm-7.30pm</b> <b>REFLEX -MOUNT</b> BBS1 L42 Open Guard Set up <b>GI</b>	<b>5</b> BBS2 L41 Butterfly Set-up <b>GI</b>	<b>6</b> <b>7.15pm</b> <b>Competition Class</b> <b>(Doors open at 7.12pm)</b>	<b>7</b> <b>90 MINUTES ROLLING</b> <b>GI</b>	<b>8</b> BBS3 L39 Ankle Hook Entry <b>NO GI</b>	<b>9</b> MC class 10:30-11am BBS1 Drill 2 practice <b>GI</b>
<b>11</b> <b>7pm-7.30pm</b> <b>REFLEX -GUARD</b> BBS1 L43 Primary Counter <b>GI</b>	<b>12</b> BBS2 L42 Standing Counter <b>GI</b>	<b>13</b> <b>7.15pm</b> <b>Competition Class</b> <b>(Doors open at 7.12pm)</b>	<b>14</b> BBS3 L40 Belly Down Counter <b>GI</b>	<b>15</b> BBS1 L44 Standing Toe Hold <b>NO GI</b>	<b>16</b> MC class 10:30-11am BBS1 Drill 2 practice <b>GI</b>
<b>18</b> <b>7pm-7.30pm</b> <b>REFLEX -SIDEMOUNT</b> BBS2 L43 Diving Toe Hold <b>GI</b>	<b>19</b> BBS3 L41 Quick Catch <b>GI</b> <b>7PM MC FIGHT SIM</b>	<b>20</b> <b>7.15pm</b> <b>Competition Class</b> <b>(Doors open at 7.12pm)</b>	<b>21</b> BBS1 L45 Primary Counter <b>GI</b>	<b>22</b> BBS2 L44 Diving Toe Hold Count <b>NO GI</b>	<b>23</b> MC class 10:30-11am BBS1 Drill 2 practice <b>GI</b>
<b>25</b> <b>7pm-7.30pm</b> <b>REFLEX -STANDING</b> BBS3 L42 Quick Catch Counter <b>GI</b>	<b>26</b> BBS1 L46 Reverse Drop <b>GI</b>	<b>27</b> <b>7.15pm</b> <b>Competition Class</b> <b>(Doors open at 7.12pm)</b>	<b>28</b> BBS2 L45 Reverse Cross Chest <b>GI</b>	<b>29</b> BBS3 L43 Top Half Set-up's <b>NO GI</b>	<b>30</b> MC class 10:30-11am BBS1 Drill 2 practice <b>GI</b>

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	

➤ **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!