



Master Cycle JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7pm-7.30pm REFLEX - MOUNT BBS1 L 47 Primary Counters GI	3 BBS2 L46 RRC Knee Lock Counters GI	4 7.15pm Movement, Mobility & Rolling	5 90 MINUTES ROLLING GI	06-Jan BBS3 L44 Top Half Counters NO GI	7 MC class 10:30-11am BBS1 Drill practice GI
9 7pm-7.30pm REFLEX - GUARD BBS1 L48 Standard Heel Hook GI	10 BBS2 L47 Inverted Heel Hook GI	11 7.15pm Movement, Mobility & Rolling	12 BBS3 L45 Heel Hook Connection GI 7PM MC FIGHT SIM	13 BBS1 L49 Primary Counters NO GI	14 MC class 10:30-11am BBS1 Drill practice 1-3.30pm FREE WOMEN EMPOWERED SEMINAR
16 7pm-7.30pm REFLEX-SIDEMOUNT BBS2 L48 Inverted Counters GI	17 BBS3 L46 Donkey Kick GI	18 7.15pm Movement, Mobility & Rolling	19 BBS2 L49 Single Hand Collar Gr GI	20 BBS1 L 50 Sucker Punch Defence NO GI	21 MC class 10:30-11am BBS1 Drill practice 12.30-3pm EXTREME ARMBARS SEMINAR - NATHAN RAATHS
23 7pm-7.30pm REFLEX -STANDING BBS3 L47 One Handed Attacks GI	24 BBS1 L51 Standing HL Defence GI 7PM MC FIGHT SIM	25 7.15pm Movement, Mobility & Rolling	26 BBS3 L 48 2 hand collar grabs GI	27 BBS2 L50 Front Choke Def NO GI	28 MC class 10:30-11am BBS1 Drill practice GI
30 7pm-7.30pm REFLEX -MOUNT BBS1 L52 Rear Choke Std GI	31 BBS2 L51 Bear Hug Def GI	01-Aug 7.15pm Movement, Mobility & Rolling	2 BBS3 L49 Head Lock Def GI	3 BBS1 L53 Rear Choke Pullback NO GI	4 MC class 10:30-11am BBS1 Drill practice GI

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC Technique 7:15pm - 8pm	MC Technique 6:15pm - 7pm	Movement, Mobility & Rolling 7:15pm - 8:30pm	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!