



Master Cycle AUGUST 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 7pm-7.30pm RAPID REVIEW-MOUNT BBS1 L52 Rear Choke Std GI	31 BBS2 L51 Bear Hug Def GI	1-Aug 7.15pm Movement, Mobility & Rolling	2 90 MINUTES ROLLING GI	3 BBS1 L53 Rear Choke Pullback NO GI	4 MC class 10:30-11am BBS1 Drill practice GI
6 7pm-7.30pm RAPID REVIEW-GUARD BBS3 L49 Head Lock Def GI	7 90 MINUTES ROLLING GI	8 7.15pm Movement, Mobility & Rolling	9 CLOSED PUBLIC HOLIDAY	10 BBS 2 L52 and 53 NO GI	11 MC class 10:30-11am BBS1 Drill practice GI
13 7pm-7.30pm RAPID REVIEW-SIDEMOUNT BBS3 L50 Kick Defence GI	14 BBS3 L 51 Guillotine Defence GI	15 7.15pm Movement, Mobility & Rolling	16 BBS3 L52 and 53 Rear Grab and Rear Choke Defence GI	17 BBS1 L 54 Club Defence, Close NO GI	18 MC class 10:30-11am BBS1 Drill practice GI
20 7pm-7.30pm REFLEX DEVELOPMENT BBS2 L54 Club Defence Long GI	21 BBS1 L55 Knife Defence Over Hand GI 7PM MC FIGHT SIM	22 7.15pm Movement, Mobility & Rolling	23 BBS2 L55 Knife Defence Under Hand GI	24 BBS3 L54 Knife Defence Hostage NO GI	25 MC class 10:30-11am BBS1 Drill practice GI
27 7pm-7.30pm RAPID REVIEW-STANDING BBS1 L56 Gun Def Front GI	28 BBS2 L56 Tucked Gun GI	29 7.15pm Movement, Mobility & Rolling	30 BBS3 L55 Holstered Gun GI	31 BBS3 L56 Hostage Gun NO GI	1-Sep 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!