



Master Cycle

SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 7pm-7.30pm REFLEX DEVELOPMENT BBS1 L57 Over-under Clinch Control GI	4 BBS1 L58 "Pisào" Front Kick GI	5 7.15pm Movement, Mobility & Rolling	6 90 MINUTES ROLLING	7 BBS1 L59 Takedown Chain NO GI	8 MC class 10:30-11am BBS1 Drill practice GI
10 7pm-7.30pm RAPID REVIEW-MOUNT BBS1 L 60: Double Leg Counter GI	11 BBS2 L57: Single Leg Takedowns GI	12 7.15pm Movement, Mobility & Rolling	13 BBS2 L58: Single Leg Counters GI 7PM MC FIGHT SIM	14 BBS2 L59: Over-Under Takedowns NO GI	15 10AM TAG-TEAM TOURNAMENT & BELT CEREMONY
17 7pm-7.30pm REFLEX DEVELOPMENT BBS2 L60: Advanced Clinch Entries GI	18 BBS3 L57: Arm Drags GI	19 7.15pm Movement, Mobility & Rolling	20 BBS3 58: Throwing Techniques GI	21 BBS3 L59: Wall Takedowns BBS3 L60: Wall Takedown Counters NO GI	22 MC class 10:30-11am BBS1 Drill practice GI
24 CLOSED PUBLIC HOLIDAY	25 BBS1 L1: Super Hooks GI 7PM MC FIGHT SIM	26 7.15pm Movement, Mobility & Rolling	27 BBS2 L1: Shadow Hoo GI	28 BBS1 L2: High Mount BBS1 L3: Surprise Rolls NO GI	29 MC class 10:30-11am BBS1 Drill practice GI
01-Oct 7pm-7.30pm RAPID REVIEW-GUARD BBS2 L2: Explosive Roll Counters GI	2 BBS2 L3: Modified Mount Escapes GI	3 7.15pm Movement, Mobility & Rolling	4 BBS2 L4: Hip Thrust Escape GI	5 BBS3 L1: Modified Mount Control NO GI	6 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!