



# Master Cycle

## NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> <b>7pm-7.30pm</b> <b>RAPID REVIEW-STANDING</b> BBS2 L7 High Mount Armlock <b>GI</b>	<b>30</b> BBS3 L5 High Mount Armlock Counters <b>GI</b>	<b>31</b> <b>7.15pm</b> <b>Movement, Mobility &amp; Rolling</b>	<b>01-Nov</b> <b>90 MINUTES ROLLING</b>	<b>2</b> BBS3 L6 Arm Triangle Counters <b>NO GI</b>	<b>3</b> MC class 10:30-11am BBS1 Drill practice <b>GI</b>
<b>5</b> <b>7pm-7.30pm</b> <b>REFLEX DEVELOPMENT</b> BBS3 L7 Gi Choke Extras <b>GI</b>	<b>6</b> BBS3 L8 Neck-Hug Extras <b>GI</b>	<b>7</b> <b>7.15pm</b> <b>Movement, Mobility &amp; Rolling</b>	<b>8</b> BBS1 L10 S/M Control Flow <b>GI</b> <b>7PM MC FIGHT SIM</b>	<b>9</b> BBS1 L11 Knee On Stomach <b>NO GI</b>	<b>10</b> MC class 10:30-11am BBS1 Drill practice <b>GI</b>
<b>12</b> <b>7pm-7.30pm</b> <b>RAPID REVIEW-MOUNT</b> BBS1 L12 Bump and shoot <b>GI</b>	<b>13</b> BBS1 L13 High Low Guard <b>GI</b>	<b>14</b> <b>7.15pm</b> <b>Movement, Mobility &amp; Rolling</b>	<b>15</b> BBS2 L9 Shrimp Esc Prevention <b>GI</b>	<b>16</b> BBS2 L10 Mount Transition <b>NO GI</b>	<b>17</b> MC class 10:30-11am BBS1 Drill practice <b>1-3pm THE SCIENCE OF STRENGTH SEMINAR</b>
<b>19</b> <b>7pm-7.30pm</b> <b>REFLEX DEVELOPMENT</b> BBS2 L11 HeadLock Esc 3 & 4 <b>GI</b>	<b>20</b> BBS2 L12 Turtle Get- up <b>GI</b> <b>7PM MC FIGHT SIM</b>	<b>21</b> <b>7.15pm</b> <b>Movement, Mobility &amp; Rolling</b>	<b>22</b> BBS3 L9 Split Control <b>GI</b>	<b>23</b> BBS3 L10 High-Low Counters <b>NO GI</b>	<b>24</b> MC class 10:30-11am BBS1 Drill practice <b>GI</b>
<b>26</b> <b>7pm-7.30pm</b> <b>RAPID REVIEW-GUARD</b> BBS3 L11 Back Door Esc <b>GI</b>	<b>27</b> BBS3 L12 Knee On Stomach Esc <b>GI</b>	<b>28</b> <b>7.15pm</b> <b>Movement, Mobility &amp; Rolling</b>	<b>29</b> BBS1 L14 Americana Arm Lock <b>GI</b>	<b>30</b> BBS1 L15 Elbow Cup Armbar <b>NO GI</b>	<b>01-Dec</b> <b>9.30-11am BLACK BELT CLUB SEMINAR &amp; PRIZEGIVING</b> <b>12-1pm ROLLING 1pm YEAR-END SOCIAL</b>

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!