



Master Cycle

APRIL 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am BBS1 DRILLS 7pm-7.30pm RAPID REVIEW SIDEMOUNT 7.30pm BBS1 L37 Triple Threat GI	2 6.15pm BBS2 L35 Turtle Ctrl GI	3 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	4 6.15pm 90 MINUTES ROLLING	5 7.15pm BBS2 L36 Modified Back Mount Ctrl NO GI	6 11am-12 OPEN MAT
8 10am BBS1 DRILLS 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS3 L33 Double Week Side GI	9 6.15pm BBS3 L34 Belly Down Back Mount GI	10 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	11 6.15pm BBS1 L38 Choke Sequence 7PM FIGHT SIM GI	12 7.15pm BBS3 L35 No Gi Turtle Chokes NO GI	13 11am-12 OPEN MAT
15 10am BBS1 DRILLS 7pm-7.30pm RAPID REVIEW STANDING 7.30pm BBS1 L39 Double Threat GI	16 6.15pm BBS2 L37 Reverse Triangle GI	17 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	18 6.15pm BBS2 L38 Clock Chokes 7PM FIGHT SIM GI	19 CLOSED EASTER WEEKEND	20 CLOSED EASTER WEEKEND
22 CLOSED EASTER WEEKEND	23 6.15pm BBS1 L40 Early Escapes GI	24 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	25 6.15pm BBS1 L41 Frame Escapes 7PM FIGHT SIM GI	26 7.15pm BBS3 L36 The Twister NO GI	27 CLOSED PUBLIC HOLIDAY
29 10am BBS1 DRILLS 7pm-7.30pm RAPID REVIEW SIDEMOUNT 7.30pm BBS2 L39 Lapel Chokes GI	30 6.15pm High Mount Armbar set ups GI	1 CLOSEDPUBLIC HOLIDAY	2 6.15pm 90 MINUTES ROLLING	3 7.15pm BBS2 L40 Turtle Escapes NO GI	4 11am-12 OPEN MAT

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10.45am MC Technique GI 10.45am-11.30am MC Spar GI 7pm-7.30pm Reflex Development 7.30pm-8.15pm MC Technique GI 8.15pm-8.45pm MC Spar GI	6.15pm-7pm MC Technique GI 7pm-7.45pm MC Spar GI	7.15pm-8pm Movement & Mobility 8pm-8.30pm MC Spar No GI	6.15pm-7pm MC Technique GI 7pm-7.45pm MC Spar GI	7.15pm-8pm MC Technique No GI 8pm-8.45pm MC Spar No GI	11am-12noon Open Mat

➤ **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						
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
Submission 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!