



Master Cycle

MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7.15pm BBS1 L27 Cross Sweep NO GI	2 11am-12 OPEN MAT
4 10am BBS1 DRILL 1 - MOUNT & SIDE MNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L30 Half Guard & Guard Recovery GI	5 6.15pm BBS1 L31 Take the Back GI	6 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	7 6.15pm 90 MINUTES ROLLING	8 7.15pm BBS2 L32 Butterfly Half Guard NO GI	9 11am-12 OPEN MAT
11 10am BBS1 DRILL 1 - MOUNT & SIDE MNT 7pm-7.30pm RAPID REVIEW MOUNT 7.30pm BBS1 L30 Half Guard Bottom Elevator Sweep GI	12 6.15pm BBS3 L29 Deep Half Guard Sweeps GI	13 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	14 6.15pm BBS3 L30 Z Guard 7PM FIGHT SIM GI	15 7.15pm BBS1 L33 Tripod Pass NO GI	16 11am-12 OPEN MAT
18 10am BBS1 DRILL 1 - MOUNT & SIDE MNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L34 Sifting Pass GI	19 6.15pm BBS1 L35 Three Quarter Guard Pass GI	20 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	21 CLOSED PUBLIC HOLIDAY	22 7.15pm BBS3 L31 Deep Half Guard Pass NO GI	23 11am-12 OPEN MAT
25 10am BBS1 DRILL 1 - MOUNT & SIDE MNT 7pm-7.30pm RAPID REVIEW GUARD 7.30pm BBS2 L33 Tripod Extras GI	26 6.15pm BBS2 L34 Reverse Half Guard Pass 7PM FIGHT SIM GI	27 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	28 6.15pm BBS3 L32 Z Guard Pass GI	29 7.15pm BBS1 L36 Back Mount Cross Over Control NO GI	30 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!