



Master Cycle

JUNE 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10am BBS1 DRILLS 7pm-7.30pm RAPID REVIEW-SIDEMOUNT 7.30pm BBS3 L43 Top Half Set Up - Knee Lock GI	4 6.15pm BBS1 L47 Primary Counters Knee Lock	5 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	6 6.15pm 90 MINUTES ROLLING	7 7.15pm BBS2 L46 Knee Lock Counters NO GI	8 11am-12 OPEN MAT
10 10am BBS1 DRILLS 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS3 L44 Top Half Kne Lock Counter GI	11 6.15pm BBS1 L48 Standard Heel Hook 7PM FIGHT SIM GI	12 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	13 6.15pm BBS2 L47 Inverted Heel Hook GI	14 7.15pm BBS3 L45 Heel Hook Connections NO GI	15 11am-12 OPEN MAT
17 CLOSED PUBLIC HOLIDAY	18 6.15pm BBS1 L49 Heel Hook Primary Counter GI	19 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	20 6.15pm BBS2 L48 Inverted Heel Hook Counter GI	21 7.15pm BBS3 L46 Donkey Kick NO GI	22 11am-12 OPEN MAT
24 10am BBS1 DRILLS 7pm-7.30pm RAPID REVIEW STANDING 7.30pm BBS1 L50 Sucker Punch Defense GI	25 6.15pm BBS1 L51 Standing HL Defense GI	26 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	27 6.15pm BBS1 L52 & 53 Rear Choke Def 7PM FIGHT SIM GI	28 7.15pm BBS2 L49 Single Hand Collar Grab NO GI	29 11am-12 OPEN MAT
1 10am BBS1 DRILLS 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS2 L50 Front Choke Def GI	2 6.15pm BBS2 L51 Bear Hug Def (Front) GI	3 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	4 6.15pm 90 MINUTES ROLLING	5 7.15pm BBSL52 Bear Hug Over Arms (Rear) NO GI	6 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
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!