



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Detailed Technique Schedule

AUGUST 2019 (Updated)




GRACIE JIU-JITSU

MILWAUKEE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M				11:00am to 12:00pm (+ 30 min optional sparring) 1 Position&Focus: Mount Submission Counters Technique: Americana Armlock* BBS1L5 Slice 1) Bump & Recover Slice 2) Emergency Escape Slice 3) Crossover Tuck	2	12:00pm to 1:00pm (+ 30 min optional sparring) 3 Position&Focus: Mount Submission Counters Technique: Straight Armlock* BBS1L6 Slice 1) Block & Sit Slice 2) Slip & Sit
P M				6:30pm to 7:30pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: Straight Armlock* BBS1L6 Slice 1) Block & Sit Slice 2) Slip & Sit	NO CLASS	
A M	5	11:00am to 12:00pm (+ 30 min optional sparring) 6 Position&Focus: Mount Submission Counters Technique: Twisting Arm Control* BBS1L7 Slice 1) Head Slip Slice 2) Full Spin Slice 3) Block & Sit	7	11:00am to 12:00pm (+ 30 min optional sparring) 8 Position&Focus: Mount Submission Counters Technique: Neck Hug Counters* BBS2L5 Slice 1) Bump & Recover Slice 2) Wrist Release Slice 3) Surprise Rolls x2	9	12:00pm to 1:00pm (+ 30 min optional sparring) 10 Position&Focus: Mount Submission Counters Technique: Cross Choke Counters BBS2L6 Slice 1) Low Frame Slice 2) High Frame Slice 3) Escape Options x3
P M	7:30pm to 8:30pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: Twisting Arm Control* BBS1L7 Slice 1) Head Slip Slice 2) Full Spin Slice 3) Block & Sit	6:00pm to 7:00pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: Cross Choke Counters BBS2L6 Slice 1) Low Frame Slice 2) High Frame Slice 3) Escape Options x3	NO CLASS	6:30pm to 7:30pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: Neck Hug Counters* BBS2L5 Slice 1) Bump & Recover Slice 2) Wrist Release Slice 3) Surprise Rolls x2	NO CLASS	
A M	12	11:00am to 12:00pm (+ 30 min optional sparring) 13 Position&Focus: Mount Submission Counters Technique: High Mount Arm Lock Counters BBS3L5 Slice 1) Leg Whip Slice 2) Anchor Slip Slice 3) Elbow Escape	14	11:00am to 12:00pm (+ 30 min optional sparring) 15 Position&Focus: Mount Submission Counters Technique: Arm Triangle Counters* BBS3L6 Slice 1) Shoulder Turn Slice 2) Leg Hug Slice 3) Back Roll	16	12:00pm to 1:00pm (+ 30 min optional sparring) 17 Position&Focus: Mount Submissions Technique: Neck-hug Sequence* BBS1 L8 Slice 1) Wrist Isolation Slice 2) Figure-Four Armbars Slice 3) TAC Transfer
P M	7:30pm to 8:30pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: High Mount Arm Lock Counters BBS3L5 Slice 1) Leg Whip Slice 2) Anchor Slip Slice 3) Elbow Escape	6:00pm to 7:00pm (+ 30 min optional sparring) Position&Focus: Mount Submission Counters Technique: Arm Triangle Counters* BBS3L6 Slice 1) Shoulder Turn Slice 2) Leg Hug Slice 3) Back Roll	NO CLASS	6:30pm to 7:30pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Neck-hug Sequence* BBS1 L8 Slice 1) Wrist Isolation Slice 2) Figure-Four Armbars Slice 3) TAC Transfer	NO CLASS	
A M	19	11:00am to 12:00pm (+ 30 min optional sparring) 20 Position&Focus: Mount Submissions Technique: Cross Choke Sequence BBS1 L9 Slice 1) Palm Up Slice 2) Thumb Inside Slice 3) Choke Combos Slice 4) Super Hooks	21	11:00am to 12:00pm (+ 30 min optional sparring) 22 Position&Focus: Mount Submissions Technique: Arm Triangle* BBS2 L8 Slice 1) Standard Setup Slice 2) TAC Setup Slice 3) Americana Setup	23	12:00pm to 1:00pm (+ 30 min optional sparring) 24 Position&Focus: Mount Submissions Technique: High Mount Armlock BBS2 L7 Slice 1) Choke Fake Slice 2) Heavy Hip Variation Slice 3) Neck-hug Variation Slice 4) Final Controls
P M	7:30pm to 8:30pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Cross Choke Sequence BBS1 L9 Slice 1) Palm Up Slice 2) Thumb Inside Slice 3) Choke Combos Slice 4) Super Hooks	6:00pm to 7:00pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: High Mount Armlock BBS2 L7 Slice 1) Choke Fake Slice 2) Heavy Hip Variation Slice 3) Neck-hug Variation Slice 4) Final Controls	NO CLASS	6:30pm to 7:30pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Arm Triangle* BBS2 L8 Slice 1) Standard Setup Slice 2) TAC Setup Slice 3) Americana Setup	NO CLASS	
A M	26	11:00am to 12:00pm (+ 30 min optional sparring) 27 Position&Focus: Mount Submissions Technique: Gi Choke Extras BBS3 L7 Slice 1) Nut-Cracker Choke Slice 2) Sleeve Choke Slice 3) Bow & Arrow Choke Slice 4) Arm-wrap X Choke	28	11:00am to 12:00pm (+ 30 min optional sparring) 29 Position&Focus: Mount Submissions Technique: Neck-Hug Extras* BBS3 L8 Slice 1) Direct Knee Entry Slice 2) Ultra Isolation Slice 3) North Feed Slice 4) TAC Mastery x3	30	12:00pm to 1:00pm (+ 30 min optional sparring) 31 Position&Focus: Mount Submissions Technique: Triangle Choke* BBS4 L8 Slice 1) Chicago Variation Slice 2) New York Variation
P M	7:30pm to 8:30pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Gi Choke Extras BBS3 L7 Slice 1) Nut-Cracker Choke Slice 2) Sleeve Choke Slice 3) Bow & Arrow Choke Slice 4) Arm-wrap X Choke	6:00pm to 7:00pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Neck-Hug Extras* BBS3 L8 Slice 1) Direct Knee Entry Slice 2) Ultra Isolation Slice 3) North Feed Slice 4) TAC Mastery x3	NO CLASS	6:30pm to 7:30pm (+ 30 min optional sparring) Position&Focus: Mount Submissions Technique: Triangle Choke* BBS4 L8 Slice 1) Chicago Variation Slice 2) New York Variation	NO CLASS	



The Seven Chapters

Sub-Sections	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
	Escapes	Escapes	Controls	Bottom Strategies	Controls	Straight Foot Locks	Front Attack Defenses
	Controls	Controls	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defenses
	Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defenses
	Submission Counters	Submission Counters	Submission Counters		Heel Hooks	Clinch & Takedowns	
			Sweeps				
			Sport Guards				

TECHNIQUE CLASSES
Each technique class begins with a 15-20 minute review/warm-up period during which you will go over techniques from previous lessons, share/receive knowledge from your training partners, and explore any techniques that you may have learned online through Gracie University. After the review, the instructor will present 2-3 variations of a technique that pertains to the positional chapter of study. In a cooperative manner, you will practice the techniques with a partner.

SPARRING CLASSES
Sparring classes are approximately 30 minutes long and usually take place immediately after technique classes. This is where you will have a chance to test your skills against a variety of training partners in a safe environment through a variety of training exercises, such as: Rapid Mastery Drills, Street Sparring, Focus Sparring Exercises, and Fight Simulation Drills. Students who do not train in a safe and productive manner will not be allowed to participate in sparring classes. If you are nursing an injury or you are new to the Master Cycle, you should not spar, and you are encouraged to use the sparring class time to review techniques with a cooperative partner until you are ready to spar. Remember to tap early, tap often, and always identify the hidden lessons when you spar.

24-HOUR PROGRESS
There is a remarkable difference in the rate of progress between students who study in their off-time and those who don't. As an active member of the Master Cycle program, you qualify for a free subscription to GracieUniversity.com, which gives you unlimited online access to the Master Cycle video-based curriculum. If you haven't been granted access please speak to a receptionist. With this resource, you can review past lessons, learn new techniques, and prepare for future belt tests 24 hours a day from any computer or mobile device! Use GU to boost your progress on and off the mat!

GROW AT YOUR OWN PACE
Unlike the Gracie Combatives program, which is entirely designed for new students to the art, the Master Cycle program caters to students of all belt levels from blue to black. As a result, you will often be exposed to techniques beyond your belt level. These advanced techniques should be practiced enthusiastically, and will give you a good idea of what to look forward to, but you should 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 that chapter. Remember, it's not a sprint, it's a marathon, and you're only racing against yourself, so be patient and have fun!