



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Detailed Technique Schedule APRIL 2019




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M	1 10:00am- Position & Focus: Knee Locks Technique Name: Top Half Counters [BBS3 L44] Slice 1) Drop Step Counters Slice 2) Lockdown Spin Counters Slice 3) Emergency Escapes	2 10:00am- Position & Focus: Knee Locks Technique Name: Top Half Counters [BBS3 L44] Slice 1) Drop Step Counters Slice 2) Lockdown Spin Counters Slice 3) Emergency Escapes	NO CLASS	4 11:00am- Position & Focus: Heel Hooks Technique Name: Standard Heel Hooks [BBS1 L48] Slice 1) Standard Finish Slice 2) Rolling Finish	NO CLASS	6 12:00am- Position & Focus: Heel Hooks Technique Name: Inverted Heel Hook [BBS2 L47] Slice 1) Standard Finish Slice 2) Advanced Heel Scoops (x2)
	P M	7:30pm- Position & Focus: Knee Locks Technique Name: Top Half Setups [BBS3 L43] Slice 1) Drop Step Variation Slice 2) Lockdown Spin Slice 3) Sitting Variation		6:00pm- Position & Focus: Knee Locks Technique Name: Top Half Counters [BBS3 L44] Slice 1) Drop Step Counters Slice 2) Lockdown Spin Counters Slice 3) Emergency Escapes		6:30pm- Position & Focus: Heel Hooks Technique Name: Standard Heel Hooks [BBS1 L48] Slice 1) Standard Finish Slice 2) Rolling Finish
A M	8 10:00am- Position & Focus: Heel Hooks Technique Name: Heel Hook Connections [BBS3 L45] Slice 1) Standard Heel Hook To Keen Lock Slice 2) Inverted Heel Hook to Knee Lock Slice 3) Knee Lock to Inverted Heel Hook	9 10:00am- Position & Focus: Heel Hooks Technique Name: Heel Hook Connections [BBS3 L45] Slice 1) Standard Heel Hook To Knee Lock Slice 2) Inverted Heel Hook to Knee Lock Slice 3) Knee Lock to Inverted Heel Hook	NO CLASS	11 11:00am- Position & Focus: Heel Hooks Technique Name: Primary Counters [BBS1 L49] Slice 1) Spiral Dive Technique Name: Donkey Kick [BBS3 L46] Slice 1) Donkey Kick	NO CLASS	13 12:00pm- Position & Focus: Heel Hooks Technique Name: Inverted Heel Hook Counters [BBS2 L48] Slice 1) Early Counter Slice 2) Late Counter Slice 3) Emergency Escape
	P M	7:30pm- Position & Focus: Heel Hooks Technique Name: Inverted Heel Hook [BBS2 L47] Slice 1) Standard Finish Slice 2) Advanced Heel Scoops (x2)		6:00pm- Position & Focus: Heel Hooks Technique Name: Heel Hook Connections [BBS3 L45] Slice 1) Standard Heel Hook To Knee Lock Slice 2) Inverted Heel Hook to Knee Lock Slice 3) Knee Lock to Inverted Heel Hook		6:30pm- Position & Focus: Heel Hooks Technique Name: Primary Counters [BBS1 L49] Slice 1) Spiral Dive Technique Name: Donkey Kick [BBS3 L46] Slice 1) Donkey Kick
A M	15 10:00am- Position & Focus: Standing Front Attacks Technique Name: Sucker Punch Defense [BBS1 L50] Slice 1) Sucker Punch Defense Technique Name: Standing Headlock Defense [BBS1 L51] Slice 1) Punch Block Variation Slice 2) Smart Base Variation	16 10:00am- Position & Focus: Standing Front Attacks Technique Name: Sucker Punch Defense [BBS1 L50] Slice 1) Sucker Punch Defense Technique Name: Standing Headlock Defense [BBS1 L51] Slice 1) Punch Block Variation Slice 2) Smart Base Variation	NO CLASS	18 11:00am- Position & Focus: Standing Front Attacks Technique Name: Front Chokes [BBS2 L50] Slice 1) Standard Variation Slice 2) Hip Throw Variation Slice 3) Two Handed Wall-pin Variation Slice 4) One Handed Wall-pin Variation	NO CLASS	20 12:00pm- Position & Focus: Standing Front Attacks Technique Name: Single Hand Collar Grabs [BBS2 L49] Slice 1) Standard Variation Slice 2) Wrist Chop Variation Slice 3) Twisted Palm Variation Slice 4) Shoulder Dip Variation
	P M	7:30pm- Position & Focus: Heel Hooks Technique Name: Inverted Heel Hook Counters [BBS2 L48] Slice 1) Early Counter Slice 2) Late Counter Slice 3) Emergency Escape		6:00pm- Position & Focus: Standing Front Attacks Technique Name: Sucker Punch Defense [BBS1 L50] Slice 1) Sucker Punch Defense Technique Name: Standing Headlock Defense [BBS1 L51] Slice 1) Punch Block Variation Slice 2) Smart Base Variation		6:30pm- Position & Focus: Standing Front Attacks Technique Name: Front Chokes [BBS2 L50] Slice 1) Standard Variation Slice 2) Hip Throw Variation Slice 3) Two Handed Wall-pin Variation Slice 4) One Handed Wall-pin Variation
A M	22 10:00am- Position & Focus: Standing Front Attacks Technique Name: Bear Hugs [BBS2 L51] Slice 1) Under-arm Variation Slice 2) Over-arm Variation	23 10:00am- Position & Focus: Standing Front Attacks Technique Name: Bear Hugs [BBS2 L51] Slice 1) Under-arm Variation Slice 2) Over-arm Variation	NO CLASS	25 11:00am- Position & Focus: Standing Front Attacks Technique Name: One-handed Attacks [BBS3 L47] Slice 1) Shoulder Grab (Bent Arm) Slice 2) Shoulder Grab (Extended Arm) Slice 3) Chest Push Slice 4) Aggressive Handshake	NO CLASS	27 12:00pm- Position & Focus: Standing Front Attacks Technique Name: Two-handed Collar Grabs [BBS3 L48] Slice 1) Narrow Grip Slice 2) Wide Grip Slice 3) Wall-pin Variation
	P M	7:30pm- Position & Focus: Standing Front Attacks Technique Name: Single Hand Collar Grabs [BBS2 L49] Slice 1) Standard Variation Slice 2) Wrist Chop Variation Slice 3) Twisted Palm Variation Slice 4) Shoulder Dip Variation		6:00pm- Position & Focus: Standing Front Attacks Technique Name: Bear Hugs [BBS2 L51] Slice 1) Under-arm Variation Slice 2) Over-arm Variation		6:30pm- Position & Focus: Standing Front Attacks Technique Name: One-handed Attacks [BBS3 L47] Slice 1) Shoulder Grab (Bent Arm) Slice 2) Shoulder Grab (Extended Arm) Slice 3) Chest Push Slice 4) Aggressive Handshake
A M	29 10:00am- Position & Focus: Standing Front Attacks Technique Name: Headlock Defense [BBS3 L49] Slice 1) Postured Spin Slice 2) Postured Slam Slice 3) Wall-pin Variation (Opponent Outside) Slice 4) Wall-pin Variation (Opponent Inside)	30 10:00am- Position & Focus: Standing Front Attacks Technique Name: Headlock Defense [BBS3 L49] Slice 1) Postured Spin Slice 2) Postured Slam Slice 3) Wall-pin Variation (Opponent Outside) Slice 4) Wall-pin Variation (Opponent Inside)	NO CLASS		NO CLASS	
	P M	7:30pm- Position & Focus: Standing Front Attacks Technique Name: Two-handed Collar Grabs [BBS3 L48] Slice 1) Narrow Grip Slice 2) Wide Grip Slice 3) Wall-pin Variation		6:00pm- Position & Focus: Standing Front Attacks Technique Name: Headlock Defense [BBS3 L49] Slice 1) Postured Spin Slice 2) Postured Slam Slice 3) Wall-pin Variation (Opponent Outside) Slice 4) Wall-pin Variation (Opponent Inside)		

The Seven Chapters

Beyond Gracie Combatives, 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. The Master Cycle is broken down into seven positional chapters each of which is studied for several months before moving on to the next. To optimize your learning in the Master Cycle, it is important that you utilize a blend of technique classes, spar classes, and online classes at GracieUniversity.com.

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!