



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Detailed Technique Schedule AUGUST 2020




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M						12:00pm-1:00pm (+30 min Optional sparring) 1 Position/Focus: Back Mount Submissions Technique: Triple Threat Slice 1) Standard Clock Choke Slice 2) Chicken Wing Variation Slice 3) Bow & Arrow Variation
A M		3 11:00am-12:00pm (+30 min optional sparring) 4 Class Description: Concept Class Focus: Half Guard Bottom & Top Principles On Side/Frame Head Crossface/Underhook/Flatten Him Out Underhook/butt-punch Him North Wizzer/pressure/back-step Knee Shield/Reaction/Aggressive Pressure/Pass/Head/Smart	5	6 11:00am-12:00pm (+30 min optional sparring) 6 Position/Focus: Back Mount Controls Technique: Triple Threat* BBS1 L37 Slice 1) Getup Prevention Slice 2) Crossover Prevention	7	8 12:00-1:00pm (+30 min MANDATORY sparring) 8 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd
P M	7:30-8:30pm (+30 min optional sparring) Position/Focus: Back Mount Submissions Technique: Triple Threat Slice 1) Standard Clock Choke Slice 2) Chicken Wing Variation Slice 3) Bow & Arrow Variation	6:00pm-7:00pm (+30 min optional sparring) Class Description: Concept Class Focus: Half Guard Bottom & Top Principles On Side/Frame Head Crossface/Underhook/Flatten Him Out Underhook/butt-punch Him North Wizzer/pressure/back-step Knee Shield/Reaction/Aggressive Pressure/Pass/Head/Smart	NO CLASS	6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Controls Technique: Triple Threat* BBS1 L37 Slice 1) Getup Prevention Slice 2) Crossover Prevention	NO CLASS	
A M		10 11:00am-12:00pm (+30 min optional sparring) 11 Position/Focus: Back Mount Controls Technique: Turtle Control BBS2 L35 Slice 1) Sprawl & Spin Slice 2) Double Lapel Control Slice 3) Turtle Tip Slice 4) Turtle Hooks	12	13 11:00am-12:00pm (+30 min optional sparring) 13 Position/Focus: Back Mount Controls Technique: Modified Back Mount* BBS2 L36 Slice 1) Strong Side Slice 2) Weak Side Slice 3) Belly Down Transfer	14	15 12:00-1:00pm (+30 min MANDATORY sparring) 15 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd
P M	7:30-8:30pm (+30 min MANDATORY sparring) Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+30 min optional sparring) Position/Focus: Back Mount Controls Technique: Turtle Control BBS2 L35 Slice 1) Sprawl & Spin Slice 2) Double Lapel Control Slice 3) Turtle Tip Slice 4) Turtle Hooks	NO CLASS	6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Controls Technique: Modified Back Mount* BBS2 L36 Slice 1) Strong Side Slice 3) Weak Side Slice 4) Belly Down Transfer	NO CLASS	
A M		17 11:00am-12:00pm (+30 min optional sparring) 18 Position/Focus: Back Mount Controls Technique: Double Weak Side BBS3 L33 Slice 1) Crossover Prevention Slice 2) Double Weak Side Slice 3) Crossover Isolation	19	20 11:00am-12:00pm (+30 min optional sparring) 20 Position/Focus: Back Mount Controls Technique: Belly Down Back Mount* BBS3 L34 Slice 1) Modified Mount Entry Slice 2) Belly Down Connections	21	22 12:00-1:00pm (+30 min MANDATORY sparring) 22 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd
P M	7:30-8:30pm (+30 min MANDATORY sparring) Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+30 min optional sparring) Position/Focus: Back Mount Controls Technique: Double Weak Side BBS3 L33 Slice 1) Crossover Prevention Slice 2) Double Weak Side Slice 3) Crossover Isolation	NO CLASS	6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Controls Technique: Belly Down Back Mount* BBS3 L34 Slice 1) Modified Mount Entry Slice 2) Belly Down Connections	NO CLASS	
A M / P M	24 7:30-8:30pm (+30 min MANDATORY sparring) 24 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	25 11:00am-12:00pm (+30 min optional sparring) 25 Position/Focus: Back Mount Submissions Technique: Choke Sequence BBS1 L38 Slice 1) Rear Naked Choke (2 Var.) Slice 2) Lapel Choke (3 Var.)	26	27 11:00am-12:00pm (+30 min optional sparring) 27 Position/Focus: Back Mount Submissions Technique: No-gi Turtle Chokes* BBS3 L35 Slice 1) Anaconda Choke Slice 2) D'Arce Choke Slice 3) Peruvian Neck Tie	28	29 12:00-1:00pm (+30 min MANDATORY sparring) 29 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd
P M	31 7:30-8:30pm (+30 min MANDATORY sparring) 31 Position/Focus: Standing Self-Defense Weapon Defenses: Club / Knife / Gun Standing Self-Defense: Front and Rear Attacks Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+30 min optional sparring) Position/Focus: Back Mount Submissions Technique: Choke Sequence BBS1 L38 Slice 1) Rear Naked Choke (2 Var.) Slice 2) Lapel Choke (3 Var.)	NO CLASS	6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Submissions Technique: No-gi Turtle Chokes* BBS3 L35 Slice 1) Anaconda Choke Slice 2) D'Arce Choke Slice 3) Peruvian Neck Tie	NO CLASS	

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

The Seven Chapters

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!