



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Detailed Technique Schedule JANUARY 2019




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M		HAPPY NEW YEAR	NO CLASS	11:00am- Position & Focus: Half Guard - Top Technique Name: Tripod Pass [BBS1 L33] Slice 1) Quick Shot Slice 2) Hook Backup Slice 3) Lockdown Release	NO CLASS	12:00pm- Position & Focus: Half Guard Top REVIEW Tripod Pass [BBS1 L33] Sitting Pass [BBS1 L34] Slice 1) Quick Shot Slice 1) Standard Var. Slice 2) Hook Backup Slice 2) Bottom Knee Block Slice 3) Lockdown Release Slice 3) Tripod Transition Slice 4) Lockdown Release
				6:30pm- Position & Focus: Half Guard - Top Technique Name: Sitting Pass [BBS1 L34] Slice 1) Standard Var. Slice 2) Bottom Knee Block Slice 3) Tripod Transition Slice 4) Lockdown Release		
P M			NO CLASS	6:30pm- Position & Focus: Half Guard - Top Technique Name: Three Quarter Guard Pass [BBS1 L35] Slice 1) High Step Slice 2) Tripod Pass Slice 3) Heavy Hips	NO CLASS	12:00pm- Position & Focus: Half Guard - Top Technique Name: Reverse Half Guard Pass [BBS2 L34] Slice 1) Standard Var. Slice 2) Tripod Transition
				7:30pm- Positional Focus: Half Guard - Top Technique Name: Tripod Pass Extras [BBS2 L33] Slice 1) Temple Pass Slice 2) Invisible Underhook		6:00pm- Position & Focus: Half Guard - Top Technique Name: Reverse Half Guard Pass [BBS2 L34] Slice 1) Standard Var. Slice 2) Tripod Transition
A M			NO CLASS	11:00am- Position & Focus: Half Guard - Top Technique Name: Sneaky Passes [BBS4 L32] Slice 1) Low Hip Hug Slice 2) Cross Knee Slice	NO CLASS	12:00pm- Position & Focus: Half Guard - Top Technique Name: Z-Half Passes [BBS3 L32] Slice 1) Spread Pass Slice 2) Smash Pass Slice 3) Shin Slice Slice 4) Knee Split
				7:30pm- Position & Focus: Half Guard - Top Technique Name: Deep Half Guard Passes [BBS3 L31] Slice 1) Entry Prevention Slice 2) North Pass Slice 3) South Pass		6:00pm- Position & Focus: Half Guard - Top Technique Name: Z-Half Passes [BBS3 L32] Slice 1) Spread Pass Slice 2) Smash Pass Slice 3) Shin Slice Slice 4) Knee Split
P M			NO CLASS	11:00am- Position & Focus: Back Mount - Controls Technique Name: Modified Back Mount [BBS2 L36] Slice 1) Strong Side Slice 2) Weak Side Slice 3) Belly Down Transfer	NO CLASS	12:00pm- Position & Focus: Back Mount - Controls Technique Name: Triple Threat [BBS1 L37] Slice 1) Getup Prevention Slice 2) Crossover Prevention
				7:30pm- Position & Focus: Back Mount - Controls Technique Name: Crossover Control [BBS1 L36] Slice 1) Standard Crossover Slice 2) TAC Transfer		6:00pm- Position & Focus: Back Mount - Controls Technique Name: Triple Threat [BBS1 L37] Slice 1) Getup Prevention Slice 2) Crossover Prevention
A M			NO CLASS	11:00am- Position & Focus: Back Mount - Controls Technique Name: Turtle Control [BBS2 L35] Slice 1) Sprawl & Spin Slice 2) Double Lapel Control Slice 3) Turtle Tip Slice 4) Turtle Hooks	NO CLASS	12:00pm- Position & Focus: Back Mount - Controls Technique Name: Belly Down Back Mount [BBS3 L34] Slice 1) Modified Mount Entry Slice 2) Belly Down Connections
				7:30pm- Position & Focus: Back Mount - Controls Technique Name: Turtle Control [BBS2 L35] Slice 1) Sprawl & Spin Slice 2) Double Lapel Control Slice 3) Turtle Tip Slice 4) Turtle Hooks		6:00pm- Position & Focus: Back Mount Controls Technique Name: Double Weak Side [BBS3 L33] Slice 1) Crossover Prevention Slice 2) Double Weak Side Slice 3) Crossover Isolation

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!