



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT


Detailed Technique Schedule MARCH 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M	2 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Sport Guards Technique: De La Riva Guard BBS3 L28 Slice 1) De La Riva Control Slice 2) Stretch Sweep Slice 3) Overhead Sweep Slice 4) Back Mount Transition	3 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Elevator Sweep BBS1 L32 Slice 1) Standard Variation Slice 2) Back Mount Transition Slice 3) Forced Elevator	4 NO CLASS	5 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Guard Recovery* BBS1 L30 Slice 1) Lockdown Control Slice 2) Half Butterfly Recovery Slice 3) Top Knee Recovery	6 NO CLASS	7 12:00pm-1:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Take the Back* BBS1 L31 Slice 1) Direct Shot Slice 2) Blade Entry Slice 3) Punch Block
	P M 7:30pm-8:30pm (+ 30 mins MANDATORY sparring) Position/Focus: Master Cycle Street Sparring Weapon Defenses: Club, Knife or Gun Standing Self-Defense: Front or Rear Attacks Clinch/Takedowns: Clinch, Takedowns or Throws Sparring: Gracie 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Guard Recovery* BBS1 L30 Slice 1) Lockdown Control Slice 2) Half Butterfly Recovery Slice 3) Top Knee Recovery	NO CLASS	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Take the Back* BBS1 L31 Slice 1) Direct Shot Slice 2) Half Butterfly Recovery Slice 3) Punch Block	NO CLASS	
A M	9 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Elevator Sweep BBS1 L32 Slice 1) Standard Variation Slice 2) Back Mount Transition Slice 3) Forced Elevator	10 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Elevator Sweep BBS1 L32 Slice 1) Standard Variation Slice 2) Back Mount Transition Slice 3) Forced Elevator	11 NO CLASS	12 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Basic Sweep Chain* BBS2 L31 Slice 1) Ankle Pick Slice 2) Whizzer Roll Slice 3) Elbow Get-up	13 NO CLASS	14 12:00pm-1:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Butterfly Half Guard* BBS2 L32 Slice 1) Front Side Sweep Slice 2) Switch Butterfly Sweep Slice 3) X-Guard Transition
	P M 7:30pm-8:30pm (+ 30 mins MANDATORY sparring) Position/Focus: Master Cycle Street Sparring Weapon Defenses: Club, Knife or Gun Standing Self-Defense: Front or Rear Attacks Clinch/Takedowns: Clinch, Takedowns or Throws Sparring: Gracie 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Elevator Sweep BBS1 L32 Slice 1) Standard Variation Slice 2) Back Mount Transition Slice 3) Forced Elevator	NO CLASS	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Basic Sweep Chain* BBS2 L31 Slice 1) Ankle Pick Slice 2) Whizzer Roll Slice 3) Elbow Get-up	NO CLASS	
A M	16 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Deep Half Guard* BBS3 L29 Slice 1) Backdoor Escape Slice 2) Front Side Sweep Slice 3) Underhook Counter Slice 4) Hookless Variation	17 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Deep Half Guard* BBS3 L29 Slice 1) Backdoor Escape Slice 2) Front Side Sweep Slice 3) Underhook Counter Slice 4) Hookless Variation	18 NO CLASS	19 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Z-Half Guard* BBS3 L30 Slice 1) Knee Shield Control Slice 2) Back Mount Transition Slice 3) Kimura Options	20 NO CLASS	21 12:00pm-1:00pm (+ 30 min optional sparring) Position/Focus: CONCEPT CLASS-Half Guard Bottom Concept 1 Preventing Head & Neck Control ★ Concept 2 Owing Opponents Base & Your Hip Angle Concept 3 Leg Control Options (Lockdown, Std etc.) Summary Protect your head, Base/Angles, Leg Cntrl
	P M 7:30pm-8:30pm (+ 30 mins MANDATORY sparring) Position/Focus: Master Cycle Street Sparring Weapon Defenses: Club, Knife or Gun Standing Self-Defense: Front or Rear Attacks Clinch/Takedowns: Clinch, Takedowns or Throws Sparring: Gracie 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Butterfly Half Guard* BBS2 L32 Slice 1) Front Side Sweep Slice 2) Switch Butterfly Sweep Slice 3) X-Guard Transition	NO CLASS	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Deep Half Guard* BBS3 L29 Slice 1) Backdoor Escape Slice 2) Front Side Sweep Slice 3) Underhook Counter Slice 4) Hookless Variation	NO CLASS	
A M	23 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Z-Half Guard* BBS3 L30 Slice 1) Knee Shield Control Slice 2) Back Mount Transition Slice 3) Kimura Options	24 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Bottom Technique: Z-Half Guard* BBS3 L30 Slice 1) Knee Shield Control Slice 2) Back Mount Transition Slice 3) Kimura Options	25 NO CLASS	26 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Tripod Pass* BBS1 L33 Slice 1) Quick Shot Slice 2) Hook Backup Slice 3) Lockdown Release	27 NO CLASS	28 12:00pm-1:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Sitting Pass BBS1 L34 Slice 1) Standard Var. Slice 2) Bottom Knee Block Slice 3) Tripod Transition Slice 4) Lockdown Release
	P M 7:30pm-8:30pm (+ 30 mins MANDATORY sparring) Position/Focus: Master Cycle Street Sparring Weapon Defenses: Club, Knife or Gun Standing Self-Defense: Front or Rear Attacks Clinch/Takedowns: Clinch, Takedowns or Throws Sparring: Gracie 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+ 30 min optional sparring) ★ Position/Focus: CONCEPT CLASS - Half Guard Bottom Concept 1 Preventing Head & Neck Control Concept 2 Owing Opponents Base & Your Hip Angle Concept 3 Leg Control Options (Lockdown, Std etc.) Summary Hide Your Head, Base + Angles & Leg Cntrl	NO CLASS	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Tripod Pass* BBS1 L33 Slice 1) Quick Shot Slice 2) Hook Backup Slice 3) Lockdown Release	NO CLASS	
A M	30 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Three Quarter Guard Pass* BBS1 L35 Slice 1) High Step Slice 2) Tripod Pass Slice 3) Heavy Hips	31 11:00am-12:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Three Quarter Guard Pass* BBS1 L35 Slice 1) High Step Slice 2) Tripod Pass Slice 3) Heavy Hips				
	P M 7:30pm-8:30pm (+ 30 mins MANDATORY sparring) Position/Focus: Master Cycle Street Sparring Weapon Defenses: Club, Knife or Gun Standing Self-Defense: Front or Rear Attacks Clinch/Takedowns: Clinch, Takedowns or Throws Sparring: Gracie 5.5oz Gloves & Mouthguard Req'd	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus: Half Guard Top Technique: Sitting Pass BBS1 L34 Slice 1) Standard Var. Slice 2) Bottom Knee Block Slice 2) Tripod Transition Slice 3) Lockdown Release				



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.

The Seven Chapters							
	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
Sub-Sections	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!