



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

## Detailed Technique Schedule MAY 2019




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M			1	2	3	4
			NO CLASS	11:00am- Position & Focus: Front Attack Defenses Technique Name: Kick Defenses [BBS3 L50] Slice 1) Front Kick Catch Slice 2) Front Kick Pivot Slice 3) Roundhouse Kick Counter	NO CLASS	12:00am- Position & Focus: Front Attack Defenses Technique Name: Guillotine Defenses [BBS3 L51] Slice 1) Outside Trip Slice 2) Sit Drop Slice 3) Swing Drop Slice 4) Side Slip
P M			NO CLASS	6:30pm- Position & Focus: Front Attack Defenses Technique Name: Kick Defenses [BBS3 L50] Slice 1) Front Kick Catch Slice 2) Front Kick Pivot Slice 3) Roundhouse Kick Counter	NO CLASS	
			NO CLASS	NO CLASS	NO CLASS	NO CLASS
A M	6	7	8	9	10	11
	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Rear Choke [BBS1 L52] Slice 1) Standard Variation Technique Name: Rear Choke [BBS1 L53] Slice 1) Pullback Variation	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Bear Hugs Under Arms [BBS2 L53] Slice 1) Standard Variation Slice 2) Pick Up Variation	NO CLASS	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Bear Hugs Under Arms [BBS2 L53] Slice 1) Standard Variation Slice 2) Pick Up Variation	NO CLASS	12:00pm- Position & Focus: Rear Attack Defenses Technique Name: Bear Hugs Over Arms [BBS2 L52] Slice 1) Standard Variation Slice 2) Quick Drop Variation
P M	7:30pm- Position & Focus: Front Attack Defenses Technique Name: Guillotine Defenses [BBS3 L51] Slice 1) Outside Trip Slice 2) Sit Drop Slice 3) Swing Drop Slice 4) Side Slip	6:00pm- Position & Focus: Rear Attack Defenses Technique Name: Rear Choke [BBS1 L52] Slice 1) Standard Variation Technique Name: Rear Choke [BBS1 L53] Slice 1) Pullback Variation	NO CLASS	6:30pm- Position & Focus: Rear Attack Defenses Technique Name: Bear Hugs Under Arms [BBS2 L53] Slice 1) Standard Variation Slice 2) Pick Up Variation	NO CLASS	
			NO CLASS	NO CLASS	NO CLASS	NO CLASS
A M	13	14	15	16	17	18
	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Rear Grab Defenses [BBS3 L52] Slice 1) Two Handed Choke Slice 2) Full Nelson Slice 1) High Hug	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Rear Grab Defenses [BBS3 L52] Slice 1) Two Handed Choke Slice 2) Full Nelson Slice 1) High Hug	NO CLASS	11:00am- Position & Focus: Rear Attack Defenses Technique Name: Rear Choke Defenses [BBS3 L53] Slice 1) Side Throw Slice 2) Shoulder Slip	NO CLASS	12:00pm- Position & Focus: Weapon Defenses Technique Name: Close Range Club Def. [BBS1 L54] Slice 1) Standard Var. / Slice 2) Leg Hook Var. Technique Name: Long Range Club Def. [BBS2 L54] Slice 1) Standard Var. / Slice 2) Two Handed Var. Slice 3) Baseball Bat Variation
P M	7:30pm- Position & Focus: Rear Attack Defenses Technique Name: Bear Hugs Over Arms [BBS2 L52] Slice 1) Standard Variation Slice 2) Quick Drop Variation	6:00pm- Position & Focus: Rear Attack Defenses Technique Name: Rear Grab Defenses [BBS3 L52] Slice 1) Two Handed Choke Slice 2) Full Nelson Slice 1) High Hug	NO CLASS	6:30pm- Position & Focus: Rear Attack Defenses Technique Name: Rear Choke Defenses [BBS3 L53] Slice 1) Side Throw Slice 2) Shoulder Slip	NO CLASS	
			NO CLASS	NO CLASS	NO CLASS	NO CLASS
A M	20	21	22	23	24	25
	11:00am- Position & Focus: Weapon Defenses Technique Name: Overhand Kife Defenses [BBS1 L55] Slice 1) Standard Variation / Slice 2) Side Variation Technique Name: Underhand Kife Defenses [BBS2 L55] Slice 1) Low Shield Var. / Slice 2) Stiff Arm Var.	11:00am- Position & Focus: Weapon Defenses Technique Name: Overhand Kife Defenses [BBS1 L55] Slice 1) Standard Variation / Slice 2) Side Variation Technique Name: Underhand Kife Defenses [BBS2 L55] Slice 1) Low Shield Var. / Slice 2) Stiff Arm Var.	NO CLASS	11:00am- Position & Focus: Weapon Defenses Technique Name: Hostage Knife Defenses [BBS3 L54] Slice 1) Hostage Knife Defense - Slice Grip Slice 2) Hostage Knife Defense - Stab Grip Slice 3) Backhand Knife Defense Slice 4) Chair Attack Defense	NO CLASS	12:00pm- Position & Focus: Weapon Defenses Technique Name: Dynamic Knife Defenses [BBS4 L52] Slice 1) Bottom Knife Slice 2) Top Knife Slice 3) Standing Knife
P M	7:30pm- Position & Focus: Weapon Defenses Technique Name: Close Range Club Def. [BBS1 L54] Slice 1) Standard Var. / Slice 2) Leg Hook Var. Technique Name: Long Range Club Def. [BBS2 L54] Slice 1) Standard Var. / Slice 2) Two Handed Var. Slice 3) Baseball Bat Variation	6:00pm- Position & Focus: Weapon Defenses Technique Name: Overhand Kife Defenses [BBS1 L55] Slice 1) Standard Variation / Slice 2) Side Variation Technique Name: Underhand Kife Defenses [BBS2 L55] Slice 1) Low Shield Var. / Slice 2) Stiff Arm Var.	NO CLASS	6:30pm- Position & Focus: Weapon Defenses Technique Name: Hostage Knife Defenses [BBS3 L54] Slice 1) Hostage Knife Defense - Slice Grip Slice 2) Hostage Knife Defense - Stab Grip Slice 3) Backhand Knife Defense Slice 4) Chair Attack Defense	NO CLASS	
			NO CLASS	NO CLASS	NO CLASS	NO CLASS
A M	27	28	29	30	31	
	11:00pm- Position & Focus: Weapon Defenses Technique Name: Gun Defenses Front [BBS1 L56] Slice 1) Low Stickup / Slice 2) High Stickup Technique Name: Tucked Gun Attacks [BBS2 L56] Slice 1) Low Tuck Var. / Slice 2) High Tuck Var. Slice 3) Elbow Hug Finish	11:00pm- Position & Focus: Weapon Defenses Technique Name: Gun Defenses Front [BBS1 L56] Slice 1) Low Stickup / Slice 2) High Stickup Technique Name: Tucked Gun Attacks [BBS2 L56] Slice 1) Low Tuck Var. / Slice 2) High Tuck Var. Slice 3) Elbow Hug Finish	NO CLASS	11:00am- Position & Focus: Weapon Defenses Technique Name: Holstered Gun Defense [BBS3 L55] Slice 1) Cross Draw / Slice 2) Side Draw Technique Name: Hostage Gun Defense [BBS3 L56] Slice 1) Side Variation / Slice 2) Back Variation	NO CLASS	
P M	7:30pm- Position & Focus: Weapon Defenses Technique Name: Dynamic Knife Defenses [BBS4 L52] Slice 1) Bottom Knife Slice 2) Top Knife Slice 3) Standing Knife	6:00pm- Position & Focus: Weapon Defenses Technique Name: Gun Defenses Front [BBS1 L56] Slice 1) Low Stickup / Slice 2) High Stickup Technique Name: Tucked Gun Attacks [BBS2 L56] Slice 1) Low Tuck Var. / Slice 2) High Tuck Var. Slice 3) Elbow Hug Finish	NO CLASS	6:00pm- Position & Focus: Weapon Defenses Technique Name: Holstered Gun Defense [BBS3 L55] Slice 1) Cross Draw / Slice 2) Side Draw Technique Name: Hostage Gun Defense [BBS3 L56] Slice 1) Side Variation / Slice 2) Back Variation	NO CLASS	
			NO CLASS	NO CLASS	NO CLASS	



### 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](http://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](http://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!