




Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Detailed Technique Schedule SEPTEMBER 2019




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M	ACADEMY CLOSED  HAPPY LABOR DAY!	2 11:00am-12:00pm (+ 30 min optional sparring) 3 Position&Focus: Side Mount Controls Technique: Control Flow* BBS1 L10 Slice 1) Smart Knee (Std & X-Chest) Slice 2) Modified Side Mount Transition Slice 3) High Step Mount Transition	4	5 11:00am-12:00pm (+ 30 min optional sparring) 5 Position&Focus: Side Mount Controls Technique: Knee on Stomach* BBS1 L11 Slice 1) Basic Control Slice 2) Bridge Entry Slice 3) Side Drop Slice 4) Mount Drop	6	7 12:00pm-1:00pm (+ 30 min optional sparring) 7 Position&Focus: Side Mount Controls Technique: Shrimp Escape Prevention BBS2 L9 Slice 1) Heavy Hip Recovery Slice 2) Inside Leg Extension Slice 3) Inv. Ankle Grab Slice 4) Inside Ankle Hug
		6:00pm- 7:00pm (+ 30 min optional sparring) Position&Focus: Side Mount Controls Technique: Control Flow* BBS1 L10 Slice 1) Smart Knee (STD & X-Chest) Slice 2) Modified Side Mount Transition Slice 3) High Step Mount Transition		6:30pm- 7:30pm (+ 30 min optional sparring) Position&Focus: Side Mount Controls Technique: Knee on Stomach* BBS1 L11 Slice 1) Basic Control Slice 2) Bridge Entry Slice 3) Side Drop Slice 4) Mount Drop		
P M	9 7:30pm- 8:30pm (+ 30 min optional sparring) Position&Focus Side Mount Controls Technique: Shrimp Escape Prevention BBS2 L9 Slice 1) Heavy Hip Recovery Slice 2) Inside Leg Extension Slice 3) Inv. Ankle Grab Slice 4) Inside Ankle Hug	10 11:00am-12:00pm (+ 30 min optional sparring) 10 Position&Focus: Side Mount Controls Technique: Mount Transitions BBS2 L10 Slice 1) Rapid Knee Drive Slice 2) False Ribs Slice 3) Slingshot Step	11	12 11:00am-12:00pm (+ 30 min optional sparring) 12 Position&Focus: Side Mount Controls Technique: Split Control* BBS3 L9 Slice 1) Guard Prevention Slice 2) Turtle Prevention	13	14 12:00pm-1:00pm (+ 30 min optional sparring) 14 Position&Focus: Side Mount Controls Technique: High-Low Escape Counters BBS3 L10 Slice 1) Body Lock Slice 2) Tripod Control Slice 3) Hip Drive
		6:00pm- 7:00pm (+ 30 min optional sparring) Position&Focus: Side Mount Controls Technique: Mount Transitions BBS2 L10 Slice 1) Rapid Knee Drive Slice 2) False Ribs Slice 3) Slingshot Step		6:30pm- 7:30pm (+ 30 min optional sparring) Position&Focus: Side Mount Controls Technique: Split Control* BBS3 L9 Slice 1) Guard Prevention Slice 2) Turtle Prevention		
A M	16 7:30pm- 8:30pm (+ 30 min optional sparring) Position&Focus Side Mount Controls Technique: High-Low Escape Counters BBS3 L10 Slice 1) Body Lock Slice 2) Tripod Control Slice 3) Hip Drive	17 11:00am-12:00pm (+ 30 min optional sparring) 17 Position&Focus: Side Mount Escapes Technique: Bump & Shoot* BBS1 L12 Slice 1) Standard Slice 2) Cross Chest Slice 3) Foot Release	18	19 11:00am-12:00pm (+ 30 min optional sparring) 19 Position&Focus: Side Mount Escapes Technique: High-Low Guard* BBS1 L13 Slice 1) Bump & Shoot Slice 2) Modified Shot Slice 3) Shrimp Failure	20	21 12:00pm-1:00pm (+ 30 min optional sparring) 21 Position&Focus: Side Mount Escapes Technique: Headlock Escapes 3 & 4* BBS2 L11 Slice 1) HL Escape 3 - Shoulder Get-up Slice 2) HL Escape 4 - Judo Headlock
		6:00pm- 7:00pm (+ 30 min optional sparring) Position&Focus: Side Mount Escapes Technique: Bump & Shoot* BBS1 L12 Slice 1) Standard Slice 2) Cross Chest Slice 3) Foot Release		6:30pm- 7:30pm (+ 30 min optional sparring) Position&Focus: Side Mount Escapes Technique: High-Low Guard* BBS1 L13 Slice 1) Bump & Shoot Slice 2) Modified Shot Slice 3) Shrimp Failure		
P M	23 7:30pm- 8:30pm (+ 30 min optional sparring) Position&Focus Side Mount Escapes Technique: Headlock Escapes 3 & 4* BBS2 L11 Slice 1) HL Escape 3 - Shoulder Get-up Slice 2) HL Escape 4 - Judo Headlock	24 11:00am-12:00pm (+ 30 min optional sparring) 24 Position&Focus: Side Mount Escapes Technique: Turtle Get-up BBS2 L12 Slice 1) Standard Get-up Slice 2) Single Leg Finish Slice 3) Guard Retrieval Slice 4) Turtle Out	25	26 11:00am-12:00pm (+ 30 min optional sparring) 26 Position&Focus: Side Mount Escapes Technique: Back Door Escape* BBS3 L11 Slice 1) Standard Variation Slice 2) Turtle Get-up Slice 3) Switch Get-up	27	28 12:00pm-1:00pm (+ 30 min optional sparring) 28 Position&Focus: Side Mount Escapes Technique: Knee on Stomach Escapes BBS3 L12 Slice 1) Shrimp Escape Slice 2) Ankle Hug Slice 3) Ankle Feed Slice 4) Turtle Out
		6:00pm- 7:00pm (+ 30 min optional sparring) Position&Focus: Side Mount Escapes Technique: Turtle Get-up BBS2 L12 Slice 1) Standard Get-up Slice 2) Single Leg Finish Slice 3) Guard Retrieval Slice 4) Turtle Out		6:30pm- 7:30pm (+ 30 min optional sparring) Position&Focus: Side Mount Escapes Technique: Back Door Escape* BBS3 L11 Slice 1) Standard Variation Slice 2) Turtle Get-up Slice 3) Switch Get-up		
A M	30 7:30pm- 8:30pm (+ 30 min optional sparring) Position&Focus Side Mount Escapes Technique: Knee on Stomach Escapes BBS3 L12 Slice 1) Shrimp Escape Slice 2) Ankle Hug Slice 3) Ankle Feed Slice 4) Turtle Out					

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!