












# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT


## Detailed Technique Schedule SEPTEMBER 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M		11:00am-12:00pm (+30 min optional sparring) <b>1</b> Position/Focus: Back Mount Submissions Technique: The Twister* BBS3 L36 Slice 1) Standard Variation Slice 2) Leg Lock Connections x2 Slice 3) Side Mount Setup	NO CLASS	11:00am-12:00pm (+30 min optional sparring) <b>3</b> Position/Focus: Back Mount Submission Counters Technique: Early Escape BBS1 L40 Slice 1) Sitting Variation Slice 2) Kneeling Variation 	NO CLASS	12:00pm-1:00pm (+30 min optional sparring) <b>5</b> Position/Focus: Back Mount Submission Counters Technique: Frame Escape BBS1 L41 Slice 1) Patient Entry Slice 2) Forced Entry Slice 3) Emergency Entry
	P M	6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Submissions Technique: The Twister* BBS3 L36 Slice 1) Standard Variation Slice 2) Leg Lock Connections x2 Slice 3) Side Mount Setup		6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Submission Counters Technique: Early Escape BBS1 L40 Slice 1) Sitting Variation Slice 2) Kneeling Variation 		
A M	*** ACADEMY CLOSED *** 	11:00am-12:00pm (+30 min MANDATORY sparring) <b>8</b> 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	NO CLASS	11:00am-12:00pm (+30 min optional sparring) <b>10</b> Position/Focus: Back Mount Submission Counters Technique: Frame Escape BBS1 L41 Slice 1) Patient Entry Slice 2) Forced Entry Slice 3) Emergency Entry 	NO CLASS	12:00-1:00pm (+30 min optional sparring) <b>12</b> Position/Focus: Back Mount Submission Counters Technique: Lapel Chokes BBS2 L39 Slice 1) Shotgun Escape Slice 2) Four Finger Escape Slice 3) Figure-Four Footlock
		P M		6:00pm-7:00pm (+30 min MANDATORY sparring) Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd		6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Submission Counters Technique: Lapel Chokes BBS2 L39 Slice 1) Shotgun Escape Slice 2) Four Finger Escape Slice 3) Figure-Four Footlock 
A M		11:00am-12:00pm (+30 min MANDATORY sparring) <b>15</b> Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	NO CLASS	11:00am-12:00pm (+30 min optional sparring) <b>17</b> Position/Focus: Back Mount Submission Counters Technique: Turtle Escapes BBS2 L40 Slice 1) Turtle Switch Slice 2) Shoulder Roll Slice 3) Guard Roll 	NO CLASS	12:00-1:00pm (+30 min optional sparring) <b>19</b> Position/Focus: Triple Threat Counters BBS3 L37 Technique: Triple Threat Counters BBS3 L37 Slice 1) Forced Crossover Slice 2) Isolated Arm Recovery Slice 3) Bottom Hook Rem.   Slice 4) Rev. Triangle Cntr.
	P M	7:30-8:30pm (+30 min optional sparring) Position/Focus: Back Mount Submission Counters Technique: Turtle Escapes BBS2 L40 Slice 1) Turtle Switch Slice 2) Shoulder Roll Slice 3) Guard Roll		6:00pm-7:00pm (+30 min MANDATORY sparring) Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd		6:30pm-7:30pm (+30 min optional sparring) Position/Focus: Back Mount Submission Counters Technique: Triple Threat Counters BBS3 L37 Slice 1) Forced Crossover Slice 2) Isolated Arm Recovery Slice 3) Bottom Hook Rem.   Slice 4) Rev. Triangle Cntr. 
A M		11:00am-12:00pm (+30 min MANDATORY sparring) <b>22</b> Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	NO CLASS	11:00am-12:00pm (+30 min optional sparring) <b>24</b> Position/Focus: Back Mount Submission Counters Technique: Belly Down Escape BBS3 L38 Slice 1) Standard Variation Slice 2) Hook Removal Variation 	NO CLASS	12:00-1:00pm (+30 min optional sparring) <b>26</b> Class Description: BACK MOUNT CONCEPT CLASS Focus: Back Mount Submission & Sub. Cntr. Principles Principle 1) Sub: Angles - Def: Crossover or stack Principle 2) Sub: isolate limbs - Def. compact & patience Principle 3) Sub: distract & catch - Def. attack=reaction
	P M	7:30-8:30pm (+30 min optional sparring) Position/Focus: Back Mount Submission Counters Technique: Belly Down Escape BBS3 L38 Slice 1) Standard Variation Slice 2) Hook Removal Variation		6:00pm-7:00pm (+30 min MANDATORY sparring) Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd		6:30pm-7:30pm (+30 min optional sparring) Position/Focus: All Back Mount Sub-Sections Technique: Review & Open Study Slice 1) Back Mount Controls Slice 2) Back Mount Submissions Slice 3) Back Mount Submission Counters
A M		11:00am-12:00pm (+30 min MANDATORY sparring) <b>29</b> Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd	NO CLASS	<b>IMPORTANT INFO RE: NO-GI THURSDAY CLASSES</b>  - Image Indicates that technique portions <u>Require A Gi</u> - Sparring portions <u>Do Not Require A Gi</u>  *** Please plan accordingly ***		
	P M	7:30-8:30pm (+30 min optional sparring) Class Description: BACK MOUNT CONCEPT CLASS Focus: Back Mount Submission & Sub. Cntr. Principles Principle 1) Sub: Angles - Def: Crossover or stack Principle 2) Sub: isolate limbs - Def. compact & patience Principle 3) Sub: distract & catch - Def. attack=reaction		6:00pm-7:00pm (+30 min MANDATORY sparring) Position/Focus: STANDING SELF-DEFENSE Standing Self-Defense: Front and Rear Attacks Weapon Defenses: Club / Knife / Gun Clinch/Takedowns: Clinch, Takedowns, Throws Street Sparring: 5.5oz Gloves & Mouthguard Req'd		



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).

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

Spar 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!