



Master Cycle FEBRUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7.15pm BBS1 L21 Triangle Choke Counters NO GI	2 11am-12 OPEN MAT
4 10am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L22 Straight Arm Lock Counter GI	5 6.15pm BBS1 L23 Kimura Counter GI	6 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	7 6.15pm 90 MINUTES ROLLING	8 7.15pm BBS2 L24 Triangle Counter NO GI	8 11am-12 OPEN MAT
10 10am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm RAPID REVIEW SIDEMOUNT 7.30pm BBS2 L25 Lapel Choke Counter GI	11 6.15pm BBS3 L22 Guillotine Counter GI	12 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	13 6.15pm BBS3 L23 Omaplata Counter 7PM FIGHT SIM GI	14 7.15pm BBS1 L24 Wrist Control Sequence NO GI	15 11am-12 OPEN MAT
17 10am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L25 Triple Threat GI	18 6.15pm BBS2 L26 Omaplata GI	19 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	20 6.15pm BBS2 L27 Triangle Mastery GI	21 7.15pm BBS3 L24 Arm Crush Sequence NO GI	22 11am-12 OPEN MAT
24 10am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm RAPID REVIEW STANDING 7.30pm BBS3 L25 Over Hook Series GI	25 6.15pm BBS1 L26 Scissor Sweep 7PM FIGHT SIM GI	26 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	27 6.15pm BBS1 L28 Butterfly Guard GI	28 7.15pm BBS1 L27 Cross Sweep NO GI	

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10.45am MC Technique GI					
10.45am-11.30am MC Spar GI					11am-12noon Open Mat
7pm-7.30pm Reflex Development	6.15pm-7pm MC Technique GI		6.15pm-7pm MC Technique GI		
7.30pm-8.15pm MC Technique GI	7pm-7.45pm MC Spar GI	7.15pm-8pm Movement & Mobility	7pm-7.45pm MC Spar GI	7.15pm-8pm MC Technique No GI	
8.15pm-8.45pm MC Spar GI		8pm-8.30pm MC Spar No GI		8pm-8.45pm MC Spar No GI	

➤ **Official No-GI Attire:** Please wear a rashguard along with GI pants or Fight Shorts. Please wear your belt in no-GI classes.

➤ **Fight Simulation Equipment:** Fight Simulation Class is the most important class for promotion consideration

The Seven Chapters						
1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
Controls	Controls	Controls	Bottom Strategies	Controls	Straight foot locks	Front Attack Defences
Escapes	Escapes	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defences
Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defences
Submissions counters	Submission Counters	Submission Counters			Heel Hooks	Clinch & Takedowns
		Sweeps				
		Spout Guards				

Beyond blue belt, 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 is broken down into seven positional chapters each of which is studied for several months before moving onto the next. To optimize your learning in the Master Cycle it is important that you utilize an appropriate blend of technique classes, sparring classes, and online study.

Grow at Your Own Pace Unlike the Gracie Combatives program, which is only designed for students at a single belt level (white), the Master Cycle program is designed to cater to students of four belt levels (blue, purple, brown and black). As a result, you will often be exposed to techniques beyond your belt level. Although these "bonus techniques" should be practiced and explored, and will give you a good idea of what to expect in the future, it is critical that you do 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 the same chapter. Remember, it's not a sprint, it's a marathon and you're the only one in the race, so be patient and have fun!