



Master Cycle JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 7am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L17 Posture Prevention GI	8 6.15pm BBS1 L18 Pass Prevention GI	9 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	10 6.15pm 90 MINUTES ROLLING	11 7.15pm BBS2 L18 Hazel Counters NO GI	12 11am-12 OPEN MAT
14 7am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm RAPID REVIEW MOUNT 7.30pm BBS2 L19 Open Guard Connections GI	15 6.15pm BBS3 L17 Advanced Punch Block Series GI	16 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	17 6.15pm BBS3 L18 Arm Drags 7PM FIGHT SIM GI	18 7.15pm BBS1 L19 Knee Split Guard Pass NO GI	19 11am-12 OPEN MAT
21 7am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm REFLEX DEVELOPMENT 7.30pm BBS1 L20 Standing Guard Pass GI	22 6.15pm BBS2 L20 Standing Knee Split Pass GI	23 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	24 6.15pm BBS2 L21 Same Side Control GI	25 7.15pm BBS2 L22 Butterfly Pass NO GI	26 11am-12 OPEN MAT
28 7am BBS1 DRILL 1 - MOUNT & SIDE MOUNT 7pm-7.30pm RAPID REVIEW GUARD 7.30pm BBS2 L23 Spider Guard Pass GI	29 6.15pm BBS3 L19 Over Under Pass 7pm FIGHT SIM GI	30 7.15pm - 8.30pm Movement, Mobility & NO GI Rolling	31 6.15pm BBS3 L21 X Guard Pass GI	01-Feb 7.15pm BBS3 L20 Leg Drags NO GI	2 11am-12 OPEN MAT

Master Cycle Weekly Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10.45am MC Technique GI					11am-12noon Open Mat
10.45am-11.30am MC Spar GI					
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				
		Sport 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!