

# MASTER CYCLE®

Week of	Positional Chapter Focus	Fight Simulation Day	Fundamentals Focus
JUL 1ST WEEK	2.3 SIDE MOUNT SUBMISSIONS	WED/SAT	1. MOUNT
JUL 2ND WEEK	2.3 SIDE MOUNT SUBMISSIONS	WED/SAT	3. GUARD
JUL 3RD WEEK	2.3 SIDE MOUNT SUBMISSIONS	WED/SAT	4. HALF GUARD
JUL 4TH WEEK	2.4 S.M SUBMISSION COUNTERS	WED/SAT	5. BACK MOUNT
AUG 1ST WEEK	2.4 S.M SUBMISSION COUNTERS	WED/SAT	6. LEG LOCKS
AUG 2ND WEEK	2.4 S.M SUBMISSION COUNTERS	WED/SAT	7. STANDING
AUG 3RD WEEK	3.1 GUARD CONTROLS	WED/SAT	1. MOUNT
AUG 4TH WEEK	3.1 GUARD CONTROLS	WED/SAT	2. SIDE MOUNT
SEP 1ST WEEK	3.1 GUARD CONTROLS	WED/SAT	3. HALF GUARD

Master Cycle Weekly Schedule*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00a – 11:00a Master Cycle Gi		10:00a – 11:00a Master Cycle Gi		10:00a – 11:00a Master Cycle Gi	1:00p – 2:00p MC Gi Sparring
11:00a-12:00p Master Cycle No-Gi		11:00a-12:00p Master Cycle No-Gi		11:00a-12:00p Master Cycle No-Gi	2:00p – 3:00p MC No-Gi Sparring
		12:00p-12:30p MC Fight Simulation			3:00p – 3:30p MC Fight Simulation
6:45p – 7:45p Master Cycle Gi		7:45p – 8:45p Master Cycle Gi		6:45p – 7:45p Master Cycle Gi	
7:45p-8:45p Master Cycle No-Gi		8:45p-9:45p Master Cycle No-Gi		7:45p-8:45p Master Cycle No-Gi	

\*Class schedule subject to change based on holidays and special events.


- **Training Attire:** Only white Gracie University gis permitted. For no-gi classes, please wear a Gracie University dry fit t-shirt or rashguards along with white gi pants or Gracie University fight shorts. No other t-shirts, rashguards, or shorts allowed. Please wear your jiu-jitsu belt in no-gi classes.
- **MC Fundamentals:** If you're new to the Master Cycle or you simply want to sharpen your fundamentals, these Master Cycle classes are for you! Each week we focus on the core offensive and defensive objectives from a different position to help you with the transition from Gracie Combatives into the Master Cycle. During the sparring portion, we teach training etiquette and clarify the goals from each position to help build your comfort and confidence with free rolling.
- **Fight Simulation:** In Fight Simulation Sparring we incorporate light striking into the sparring sessions in a safe and collaborative way. All participants must have 5.5oz. sparring gloves and a mouthguard to participate. To provide all students this important training, the Fight Simulation Sparring day of the week changes every month. Student safety and collaboration is the top priority in this class.
- **MC Stripe Promotions:** Stripe promotions from blue to black belt are based on at least eight months of regular attendance and a minimum of 100 classes (including 10 RD classes and 10 FS classes) per stripe. Please keep in mind that these are minimum attendance requirements and do not guarantee promotion.



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

Beyond blue belt, Gracie Jiu-Jitsu consists of hundreds of advanced techniques, all of which we have organized into a clearly defined, systematic curriculum called The Master Cycle. The Master Cycle consists of seven positional chapters each of which you will study for several months. We encourage you to utilize a blend of technique classes, sparring classes, and online classes at GracieUniversity.com to optimize your growth.

The Seven Chapters							
	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
Sub-Sections	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 warm-up/review period during which you will practice techniques from previous lessons, share knowledge with your training partners, and explore techniques that you learned through Gracie University. After the review, the instructor will teach 2-3 variations of a technique from the positional chapter of study. You will practice with a partner in a cooperative manner to explore the individual techniques.

## SPARRING CLASSES

Sparring classes last 30 minutes and usually occur 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 Rapid Mastery Drills, Focus Sparring Exercises, and Fight Simulation Drills. Students who fail to train in a safe and productive manner may not participate in sparring classes. If injured or new to the Master Cycle, you should not spar. We encourage you 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 seek the hidden lessons when you spar.

## 24-HOUR PROGRESS

We have found that students who study in their off-time progress remarkably faster than those who don't. As an active member of the Master Cycle program, you receive free unlimited access to the Master Cycle video-based curriculum through GracieUniversity.com. If you don't have access, then please speak to a student services representative. This resource enables you to review lessons, learn new techniques, and sharpen your sword 24 hours a day from any computer or mobile device!

## GROW AT YOUR OWN PACE

Unlike the Gracie Combatives program's focus on a single belt level (white), the Master Cycle program encompasses four belt levels (blue, purple, brown, and black). In a Master Cycle class, you will often see techniques beyond your belt level. Practice these "bonus techniques" diligently as you will see them again as you progress, but don't try to memorize all of them. Most students retain only 10% of the techniques they see each time they cycle through a positional chapter. If a move is easily learned and works for you, then take it; if not, leave it alone and trust that you'll get it the next time you cycle through the chapter. Remember, your jiu-jitsu journey is not a sprint, it's a marathon... and you're only racing against yourself. So, be patient and have fun!