



# Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

## Detailed Technique Schedule JULY 2021




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (No-Gi)	FRIDAY	SATURDAY
A M				11:00am-12:00pm (+ 30 min optional sparring) <b>1</b> Position/Focus Standing Clinch & Takedowns Technique: Guillotine Mastery* BBS4 L60 Slice 1) Double Leg Variation Slice 2) Single Leg Variation Slice 3) Ninja Choke	6:30am-7:30am <b>2</b> Technique Review & Sparring <b>* NEW CLASS *</b>	8:30am-10:00am (+ 30 min STREET SPARRING) <b>3</b> Position/Focus Mount Controls Technique: Super Hooks* BBS1L1 Slice 1) Full Hips Slice 2) Tuck & Shoot Slice 3) High Hooks    Slice 4) Emergency Hooks
P M				6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus: Standing Clinch & Takedowns Technique: Guillotine Mastery* BBS4 L60 Slice 1) Double Leg Variation Slice 2) Single Leg Variation Slice 3) Ninja Choke		
A M	<b>5</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>6</b> Position/Focus Mount Controls Technique: High Mount* BBS1L2 Slice 1) Wrist Scoop Slice 2) Elbow Scoop Slice 3) Choke Scoop	<b>7</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>8</b> Position/Focus Mount Controls Technique: Shadow Hooks* BBS2L1 Slice 1) Standard Shadows Slice 2) Shadow Kick Slice 3) Shadow Cross	6:30am-7:30am <b>9</b> Technique Review & Sparring <b>* NEW CLASS *</b>	8:30am-10:00am (+ 30 min STREET SPARRING) <b>10</b> Position/Focus Mount Controls Technique: Explosive Roll Counters* BBS2L2 Slice 1) Half Nelson Slice 2) Rider Back Mount Transition Slice 3) Belly Down Armlock
P M	7:30pm-8:30pm (+ 30 min STREET SPARRING) Position/Focus Mount Controls Technique: Super Hooks* BBS1L1 Slice 1) Full Hips Slice 2) Tuck & Shoot Slice 3) High Hooks    Slice 4) Emergency Hooks	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus Mount Controls Technique: High Mount* BBS1L2 Slice 1) Wrist Scoop Slice 2) Elbow Scoop Slice 3) Choke Scoop	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus Mount Controls Technique: Shadow Hooks* BBS2L1 Slice 1) Standard Shadows Slice 2) Shadow Kick Slice 3) Shadow Cross		
A M	<b>12</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>13</b> Position/Focus Mount Controls Technique: Modified Mount Control BBS3L1 Slice 1) Slide Drop Slice 2) Reverse Hook Slice 3) Reverse Triangle Setup	<b>14</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>15</b> Position/Focus Mount Controls Technique: Back Door Control* BBS4L1 Slice 1) Smart Hands Slice 2) Scorpion Counters Slice 3) Quick Sit Armlock	6:30am-7:30am <b>16</b> Technique Review & Sparring <b>* NEW CLASS *</b>	8:30am-10:00am (+ 30 min STREET SPARRING) <b>17</b> Position/Focus Mount Controls Technique: Hip ThrustCounters BBS3L2 Slice 1) Low Underhook Control Slice 2) High Hand Split Slice 3) Cross Knee Block
P M	7:30pm-8:30pm (+ 30 min STREET SPARRING) Position/Focus Mount Controls Technique: Explosive Roll Counters* BBS2L2 Slice 1) Half Nelson Slice 2) Rider Back Mount Transition Slice 3) Belly Down Armlock	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus Mount Controls Technique: Modified Mount Control BBS3L1 Slice 1) Slide Drop Slice 2) Reverse Hook Slice 3) Reverse Triangle Setup	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus Mount Controls Technique: Back Door Control* BBS4L1 Slice 1) Smart Hands Slice 2) Scorpion Counters Slice 3) Quick Sit Armlock		
A M	<b>19</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>20</b> Position/Focus Mount Controls Technique: Heel Drag Counters BBS4L2 Slice 1) Butterfly Pry Slice 2) TAC Transition Slice 3) Tripod Transition	<b>21</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>22</b> Position/Focus Mount Escapes Technique: Surprise Rolls* BBS1L3 Slice 1) Neck-hug Var. Slice 2) Punch Block Var. Slice 3) Forearm Choke Var.	6:30am-7:30am <b>23</b> Technique Review & Sparring <b>* NEW CLASS *</b>	8:30am-10:00am (+ 30 min STREET SPARRING) <b>24</b> Position/Focus Mount Escapes Technique: Surprise Elbows* BBS1L4 Slice 1) Spread Foot Slice 2) Spread Knee Slice 3) Spread Hand
P M	7:30pm-8:30pm (+ 30 min STREET SPARRING) Position/Focus Mount Controls Technique: Hip ThrustCounters BBS3L2 Slice 1) Low Underhook Control Slice 2) High Hand Split Slice 3) Cross Knee Block	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus Mount Controls Technique: Heel Drag Counters BBS4L2 Slice 1) Butterfly Pry Slice 2) TAC Transition Slice 3) Tripod Transition	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min optional sparring) Position/Focus Mount Escapes Technique: Surprise Rolls* BBS1L3 Slice 1) Neck-hug Var. Slice 2) Punch Block Var. Slice 3) Forearm Choke Var.		
A M	<b>26</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>27</b> Position/Focus Mount Escapes Technique: Modified Mount Escape* BBS2L3 Slice 1) Top Knee Through Slice 2) Top Arm Through	<b>28</b>	11:00am-12:00pm (+ 30 min optional sparring) <b>29</b> Position/Focus Mount Escapes Technique: Hip Thrust Escape* BBS2L4 Slice 1) Stadar Thrust Slice 2) Switch Thrust Slice 3) Trap & Roll Combo	6:30am-7:30am <b>30</b> Technique Review & Sparring <b>* NEW CLASS *</b>	8:30am-10:00am (+ 30 min STREET SPARRING) <b>31</b> Position/Focus Mount Escapes Technique: Back Door Escape* BBS3L3 Slice 1) Standard Variation Slice 2) Scorpion Pullback
P M	7:30pm-8:30pm (+ 30 min STREET SPARRING) Position/Focus Mount Escapes Technique: Surprise Elbows* BBS1L4 Slice 1) Spread Foot Slice 2) Spread Knee Slice 3) Spread Hand	6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus Mount Escapes Technique: Modified Mount Escape* BBS2L3 Slice 1) Top Knee Through Slice 2) Top Arm Through		6:00pm-7:00pm (+ 30 min optional sparring) Position/Focus Mount Escapes Technique: Hip Thrust Escape* BBS2L4 Slice 1) Stadar Thrust Slice 2) Switch Thrust Slice 3) Trap & Roll Combo		



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

The Seven Chapters						
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!