


MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SCHOOL IS CLOSED FOR CANADA DAY LONG WEEKEND	2 6:30p – No Gi	3 7:45p – RD Guard	4 6:30p – MC Fundamentals (Side Mount)	5 8:00a – Reverse Triangle (BBS2 L37) 9:45a – RD Mount
7 6:30p – Clock Choke (BBS2 L38)	8 7:45p – No Gi Turtle Chokes (BBS3 L35)	9 6:30p – Fight Sim	10 7:45p – RD Side Mount	11 6:30p – MC Fundamentals (Guard)	12 8:00a – The Twister (BBS3 L36) 9:45a – RD Guard
14 6:30p – Exit Chokes (BBS4 L36)	15 7:45p – Early Escape (BBS1 L40)	16	17	18	19
CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING					
21	22	23	24 7:45p – RD Standing	25 6:30p – MC Fundamentals (Half Guard)	26 8:00a – Frame Escape (BBS1 L41) 9:45a – RD Side Mount
CLOSED FOR INSTRUCTOR CERTIFICATION TRAINING					
28 6:30p – Lapel Choke Counters (BBS2 L39)	29 7:45p – Turtle Escapes (BBS2 L40)	30 6:30p – No Gi	31 7:45p – RD Freestyle		

THE SEVEN CHAPTERS						
SUB-SECTIONS	1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	7. Standing
	Escapes	Escapes	Controls	Bottom Strategies	Controls	Straight Foot Locks
			Passes			Front Attack Defenses
	Controls	Controls	Submissions	Top Strategies		Toe Hold Foot Locks
	Submissions	Submissions	Submission Counters		Submissions	Rear Attack Defenses
			Sweeps			Knee Locks
	Submission Counters	Submission Counters	Sport Guards		Submission Counters	Weapon Defenses
					Heel Hooks	Clinch & Takedowns

Structured Curriculum!

Beyond the Gracie Combatives Belt, Gracie Jiu-Jitsu consists of hundreds of advanced techniques organized into a clearly defined, systematic curriculum called the Master Cycle. This is our advanced program for experienced co-ed students seeking to deepen their understanding of ‘the gentle art’. Master Cycle’s unique structure simplifies the journey from Blue to Black Belt by organizing all of Brazilian Jiu-Jitsu (BJJ) into seven positional chapters (Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, Standing), each of which is studied for several months before moving on to the next chapter.

Focus Sparring!

Towards the end of each class, you will have a chance to test your skills against a variety of training partners in a variety of controlled training exercises, such as: Rapid Mastery Drills, Focus Sparring Exercises, and Fight Simulation Drills. Safety is the primary concern during these sparring exercises, and any students who do not train in a safe and productive manner will not be allowed to participate. Sparring is 100% voluntary for Master Cycle students.

Log-on & Boost Progress!

As a student of the *Master Cycle* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie University student services representative.

Global Training Access!

As an active student in the Master Cycle, you qualify to train for free at any Gracie Jiu-Jitsu CTC around the world. If you travel to a city with a CTC, simply contact them in advance and let them know that you’re an active student, and you can train for free for up to 30 consecutive days per CTC per year!

Contact Tri-Cities Gracie Jiu-Jitsu to Get Started!

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