


# MASTER CYCLE

## THE PATH FROM BLUE TO BLACK BELT

September 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SCHOOL IS CLOSED FOR LABOUR DAY LONG WEEKEND	2 7:45p – Top Half Guard Knee Locks (BBS3 L44)	3 6:30p – Fight Sim	4 7:45p – RD Freestyle	5 6:30p – MC Fundamentals (Guard)	6 8:00a – Standard Heel Hook (BBS1 L48) 9:45a – RD Standing
8 6:30p – Inverted Heel Hook (BBS2 L47)	9 7:45p – Heel Hook Connections (BBS3 L45)	10 6:30p – No Gi	11 7:45p – RD Mount	12 6:30p – MC Fundamentals (Half Guard)	13 8:00a – Leg Knot (BBS4 L39) 9:45a – RD Freestyle
15 6:30p – Estima Lock (BBS4 L41)	16 7:45p – Inverted Knee Lock (BBS4 L43)	17 6:30p – Fight Sim	18 7:45p – RD Guard	19 6:30p – MC Fundamentals (Back Mount)	20 8:00a – 411 Attacks (BBS4 L45) 9:45a – RD Mount
22 6:30p – Primary Counter Straight Foot Lock (BBS1 L43)	23 7:45p – Standing Counter Straight Foot Lock (BBS2 L42)	24 6:30p – No Gi	25 7:45p – RD Side Mount	26 6:30p – MC Fundamentals (Leg Locks)	27 8:00a – Belly Down Counters (BBS3 L40) 9:45a – RD Guard
29 6:30p – Primary Counter Toe Hold (BBS1 L45)	30 SCHOOL IS CLOSED FOR TRUTH & RECONCILIATION DAY				

THE SEVEN CHAPTERS							
SUB-SECTIONS	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
			Passes	Top Strategies			
	Controls	Controls	Submissions		Submissions	Toe Hold Foot Locks	Rear Attack Defenses
	Submissions	Submissions	Submission Counters				
Sweeps							
Submission Counters	Submission Counters	Sport Guards	Submission Counters		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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