


MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

December 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30p – Club Defense (BBS1 L54 + BBS2 L54)	2 7:45p – Fight Sim	3 6:30p – Knife Defense (BBS1 L55 + BBS2 L55)	4 7:45p – RD Side Mount	5 6:30p – MC Fundamentals (Side Mount)	6 8:00a – Hostage Knife Defense (BBS3 L54) 9:45a – RD Mount
8 6:30p – Dynamic Knife Defense (BBS4 L52)	9 7:45p – No Gi	10 6:30p – Front Gun Defense (BBS1 L56)	11 7:45p – RD Standing	12 6:30p – MC Fundamentals (Guard)	13 8:00a – Tucked & Holstered Gun Defense (BBS2 L56 +BBS3 L55) 9:45a – RD Guard
15 6:30p – Hostage & Escort Gun Defense (BBS3 L56 + BBS4 L53)	16 7:45p – Fight Sim	17 6:30p – Dynamic Gun Defense (BBS4 L54)	18 7:45p – RD Freestyle	19 6:30p – MC Fundamentals (Half Guard)	20 8:00a – Active Shooter Defense (BBS4 L55) 9:45a – RD Side Mount
22	23	24	25	26	27
CLOSED FOR WINTER BREAK					
29	30	31			
CLOSED FOR WINTER BREAK					

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		Toe Hold Foot Locks	Rear Attack Defenses
	Controls	Controls	Submissions		Submissions	Knee Locks	Weapon Defenses
	Submissions	Submissions	Submission Counters			Submission Counters	Heel Hooks
	Submission Counters	Submission Counters	Sweeps		Submission Counters	Heel Hooks	Clinch & Takedowns
Sport Guards							

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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