


MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

February 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:30p – Guillotine Mastery (BBS4 L60)	3 7:45p – No Gi	4 6:30p – Super + Shadow Hooks (BBS1 + BBS2 L1)	5 7:45p – RD Freestyle	6 6:30p – MC Fundamentals (Back Mount)	7 8:00a – Heel Drag Counters (BBS4 L2) 9:45a – RD Standing
9 6:30p – Modified Mount Controls (BBS3 L1)	10 7:45p – Fight Sim	11 6:30p – Neck Hug Sequence (BBS1 L8)	12 7:45p – RD Mount	13 6:30p – MC Fundamentals (Leg Locks)	14 SCHOOL IS CLOSED FOR FAMILY DAY LONG WEEKEND
16 SCHOOL IS CLOSED FOR FAMILY DAY	17 7:45p – No Gi	18 6:30p – Neck Hug Extras (BBS3 L8)	19 7:45p – RD Guard	20 6:30p – MC Fundamentals (Standing)	21 8:00a – Arm Triangle (BBS2 L8) 9:45a – RD Freestyle
23 6:30p – Triangle Choke (BBS4 L8)	24 7:45p – Fight Sim	25 6:30p – High Mount Armlock (BBS2 L7)	26 7:45p – RD Side Mount	27 6:30p – MC Fundamentals (Mount)	28 8:00a – Cross Choke Sequence (BBS1 L9) 9:45a – RD Mount

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
			Submission Counters	Submissions			
	Submissions	Submissions	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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