

# MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

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

## THE SEVEN CHAPTERS

| 1. Mount            | 2. Side Mount       | 3. Guard     | 4. Half Guard       | 5. Back Mount       | 6. Leg Locks        | 7. Standing           |
|---------------------|---------------------|--------------|---------------------|---------------------|---------------------|-----------------------|
| SUB-SECTIONS        | Escapes             | Controls     | Controls            | Bottom Strategies   | Straight Foot Locks | Front Attack Defenses |
|                     |                     |              | Passes              |                     |                     |                       |
|                     | Controls            | Submissions  | Submissions         | Top Strategies      | Toe Hold Foot Locks | Rear Attack Defenses  |
|                     |                     |              | Submission Counters |                     | Knee Locks          | Weapon Defenses       |
| Submission Counters | Submission Counters | Sweeps       | Sport Guards        | 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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