


MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

March 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:30p – Gi Choke Extras (BBS3 L7)	3 7:45p – Lapel Choke Series (BBS4 L7)	4 6:30p – No Gi	5 5:15p – RD Standing 7:45p – MC Fundamentals (Side Mount)	6 6:30p – Privates / Testing (By Appointments)	7 8:00a – Americana Armlock Counters (BBS1 L5) 9:45a – RD Guard
9 6:30p – Straight Armlock Counters (BBS1 L6)	10 7:45p – TAC Counters (BBS1 L7)	11 6:30p – Fight Sim	12 5:15p – RD Freestyle 7:45p – MC Fundamentals (Guard)	13 6:30p – Privates / Testing (By Appointments)	14 8:00a – Neck Hug Counters (BBS2 L5) 9:45a – RD Side Mount
16 6:30p – Arm Triangle Counters (BBS3 L6)	17 7:45p – High Mount Armlock Counters (BBS3 L5)	18 6:30p – No Gi	19 5:15p – RD Mount 7:45p – MC Fundamentals (Half Guard)	20 6:30p – Privates / Testing (By Appointments)	21 8:00a – Cross Choke Counters (BBS2 L6) 9:45a – RD Standing
23 6:30p – Gi Choke Counters (BBS4 L5)	24 7:45p – Emergency Escapes (BBS4 L6)	25 6:30p – Fight Sim	26 5:15p – RD Guard 7:45p – MC Fundamentals (Back Mount)	27 6:30p – Privates / Testing (By Appointments)	28 8:00a – Surprise Rolls (BBS1 L3) 9:45a – RD Freestyle
30 6:30p – Surprise Elbows (BBS1 L4)	31 7:45p – Modified Mount Escapes (BBS2 L3)				

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