

MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

August 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SCHOOL IS CLOSED FOR BC DAY LONG WEEKEND
3 SCHOOL IS CLOSED FOR BC DAY	4 7:45p – Scissor Sweep (BBS1 L26)	5 6:30p – Fight Sim	6 5:15p – RD Freestyle 7:45p – MC Fundamentals (Side Mount)	7 6:30p – Privates / Testing (By Appointments)	8 8:00a – Cross Sweep (BBS1 L27) 9:45a – RD Freestyle
10 6:30p – Sit Up Sweep (BBS2 L28)	11 7:45p – Overhead Sweep (BBS2 L29)	12 6:30p – No Gi	13 5:15p – RD Mount 7:45p – MC Fundamentals (Guard)	14 6:30p – Privates / Testing (By Appointments)	15 8:00a – Omoplata Sweep (BBS3 L26) 9:45a – RD Mount
17 6:30p – Pendulum Sweep (BBS3 L27)	18 7:45p – Ankle Pick Sweep (BBS4 L27)	19 6:30p – Fight Sim	20 5:15p – RD Guard 7:45p – MC Fundamentals (Half Guard)	21 6:30p – Privates / Testing (By Appointments)	22 TCGJJ 5-Year Anniversary Pizza Picnic Party (RSVP via Email)
24 6:30p – Shin Sweep (BBS4 L28)	25 7:45p – Wrist Control Sequence (BBS1 L24)	26 6:30p – No Gi	27 5:15p – RD Side Mount 7:45p – MC Fundamentals (Back Mount)	28 6:30p – Privates / Testing (By Appointments)	29 8:00a – Triple Threat (BBS1 L25) 9:45a – RD Guard
31 6:30p – Omoplata (BBS2 L26)					

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!