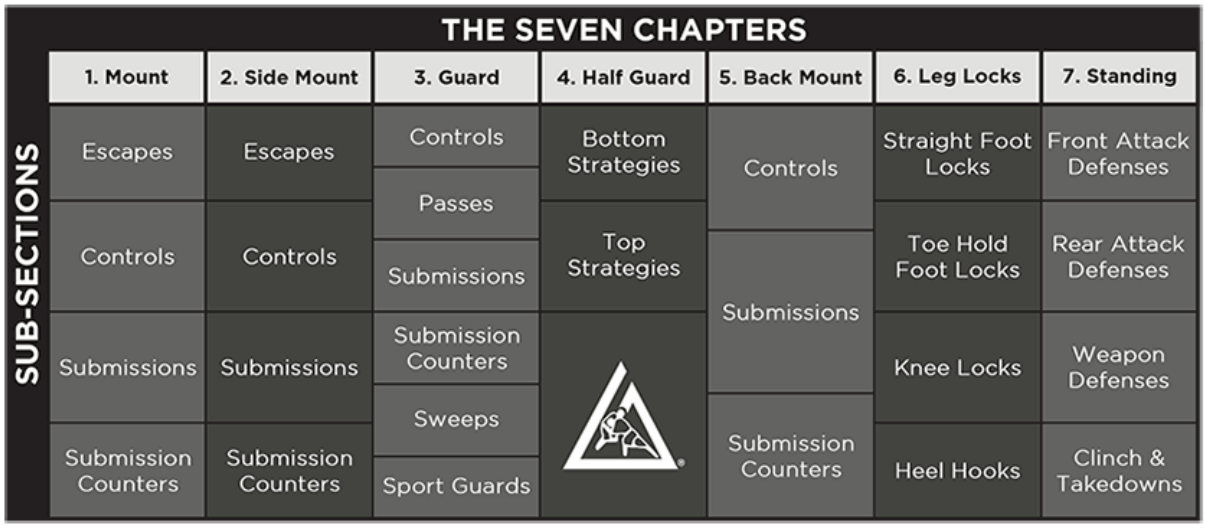
MASTER CYCLE

THE PATH FROM BLUE TO BLACK BELT

November 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6:30p – **Butterfly Guard (BBS1 L28)**	3 7:45p – **Spider Guard (BBS1 L29)**	4 6:30p – **Fight Sim**	5 5:15p – **RD Side Mount** 7:45p – **MC Fundamentals (Standing)**	6 6:30p – **Privates / Testing (By Appointments)**	7 8:00a – **X-Guard (BBS2 L30)** 9:45a – **RD Freestyle**
9 6:30p – **De La Riva Guard (BBS3 L28)**	10 7:45p – **Sit Up Guard (BBS3 L29)**	11 **SCHOOL IS CLOSED FOR REMEMBRANCE DAY**	12 5:15p – **RD Standing** 7:45p – **MC Fundamentals (Mount)**	13 6:30p – **Privates / Testing (By Appointments)**	14 8:00a – **Butterfly Guard Pass (BBS2 L22)** 9:45a – **RD Mount**
16 6:30p – **Spider Guard Pass (BBS2 L23)**	17 7:45p – **X-Guard Pass (BBS3 L21)**	18 6:30p – **No Gi**	19 5:15p – **RD Freestyle** 7:45p – **MC Fundamentals (Side Mount)**	20 6:30p – **Privates / Testing (By Appointments)**	21 8:00a – **De La Riva Guard Pass (BBS4 L20)** 9:45a – **RD Side Mount**
23 6:30p – **Half Guard Recovery (BBS1 L30)**	24 7:45p – **Half Guard Back Take (BBS1 L31)**	25 6:30p – **Fight Sim**	26 5:15p – **RD Mount** 7:45p – **MC Fundamentals (Guard)**	27 6:30p – **Privates / Testing (By Appointments)**	28 8:00a – **Half Guard Elevator Sweep (BBS1 L32)** 9:45a – **RD Guard**
30 6:30p – **Half Guard Sweep Chain (BBS2 L32)**					



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!

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Contact Tri-Cities Gracie Jiu-Jitsu to Get Started!
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