



Master Cycle

THE GRACIE WAY™ FROM BLUE TO BLACK BELT

CH1: MOUNT	
1.1 Escapes	
1.2 Controls	
1.3 Submissions	
1.4 Submission Counters	
CH2: SIDE MOUNT	
2.1 Escapes	
2.2 Controls	
2.3 Submissions	
2.4 Submission Counters	
CH3: GUARD	
3.1 Controls	
3.2 Passes	
3.3 Submissions	
3.4 Submission Counters	
3.5 Sweeps	
3.6 Sport Guards	
CH4: HALF GUARD	
4.1 Bottom Strategies	
4.2 Top Strategies	
CH5: BACK MOUNT	
5.1 Controls	
5.2 Submissions	
5.3 Submission Counters	
CH6: LEG LOCKS	
6.1 Straight Foot Locks	
6.2 Toe Hold Foot Locks	
6.3 Knee Locks	
6.4 Heel Hooks	
CH7: STANDING	
7.1 Front Attack Defences	
7.2 Rear Attack Defences	
7.3 Weapon Defences	
7.4 Clinch and Takedowns	

December Forecast	
<i>Class schedule subject to change.</i>	
Week of...	Chapter Focus
3 Dec	Mount Escapes
10 Dec	Mount Escapes
17 Dec	Mount Controls
24 Dec	XMAS BREAK

Mon	Tues	Wed	Thurs	Sat
18:45 - 20:00	20:00 - 21:15	19:30 - 20:45	20:00 - 21:15	11:00 - 12:00
RD & STREET SPAR	GI (45m) SPAR (30m)	GI (45m) SPAR (30m)	NO-GI (45m) SPAR (30m)	GI & SPAR

- **Technique/Sparring:** Classes are split into two parts, 45 min technique and 30 minutes sparring. Sparring is optional and you are not required to spar every class. You can use this time to drill/review techniques if you wish.
- **RD Class** will take a Master Cycle class spot every week and will be no-gi. It is essential that you review your fundamental techniques and learn to apply your newly learnt techniques in a fight simulation setting. This will also include a street sparring section.
- **No-gi Attire:** Please wear a loose fitting Gracie Jiu-Jitsu Dry Fit T-shirt (blue or black)/rash guard along with white gi pants or Gracie Fight Shorts.
- **Master Cycle Stripe Promotions:** Master Cycle stripe promotion consideration is based on a minimum attendance of 100 classes (including 10 RD classes) and at least eight months of regular training. Please keep in mind that these are minimum eligibility requirements and actual promotions are based on overall progress.