MASTER CYCLE®

THE GRACIE WAY FROM BLUE TO BLACK BELT

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 5:30PM BBS1-L40: Early Escape	4 RD 6:30 P.M. #5 FREESTYLE FIGHT SIM	5 6:30 PM BBS3-L1: Modified Mount Control 7:30 PM Optional Sparring	6	7 11:00 AM BBS3-L2: Hip Thrust Counters Noon - Optional Sparring
9 CLOSED	10 CLOSED	11 RD 6:30 P.M. #1 MOUNT	12 6:30 PM BBS3-L3: Back Door Escape 7:30 PM Optional Sparring	13 OPEN MAT 6:00PM–7:30PM	7 11:00 AM BBS3-L4: Shadow Counters Noon - Optional Sparring
16	17 5:30PM BBS2-L58: Single Leg Counters	18 RD 6:30 P.M. #2 GUARD	19 6:30 PM BBS3-L5: High Mount Armlock Counters 7:30 PM- Optional Sparring	20	21 11:00 AM BBS3-L6: Arm Triangle Counters Noon - Optional Sparring
23	24 5:30PM BBS3-L7: Gi Choke Extras	25 RD 6:30 P.M. #3 SIDE MOUNT	26 CLOSED HAPPY THANKSGIVING	27 OPEN MAT 6:00PM–7:30PM	28 11:00 AM BBS3-L8: Neck-Hug Extras Noon - Optional Sparring
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Master Cycle – Beyond the White Belt!

The Master Cycle's unique structure simplifies the journey to black belt by organizing all of BJJ into seven positional chapters (Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, Standing), each of which is studied for several weeks before moving on to the next chapter.

Reflex Development (RD) Classes

Keeping your reflexes sharp with advanced combinations in the 36 techniques from Gracie Combatives, addressing the most common occurrences in a real fight.

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!

Focus Sparring – 30 Minute Sparring is OPTIONAL

At the end of 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 students that do not train in a safe and productive manner will not be allowed to participate. Sparring is 100% voluntary for Master Cycle students.