

MASTER CYCLE®

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

SEPTEMBER 2024 *Class schedule subject to change					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ATTIRE: GI (BRING GLOVES) CHAPTER 7 CLINCH AND TAKEDOWNS PRINCIPLE: ANCHOR					
2 18:30 - Technique (1Hr) + Sparring (30 Min)	3 19:45 - Technique (1Hr) + Sparring (30 Min)	4	5 19:45 - Technique (1Hr) + Sparring (30 Min)	6	7 10:30 - Sparring* (1Hr)
ATTIRE: NO-GI (BRING GLOVES) CHAPTER 7 CLINCH AND TAKEDOWNS PRINCIPLE: RATCHET					
9 18:30 - Technique (1Hr) + Sparring (30 Min)	10 19:45 - Technique (1Hr) + Sparring (30 Min)	11	12 19:45 - Technique (1Hr) + Sparring (30 Min)	13	14 10:30 - Sparring* (1Hr)
ATTIRE: GI (BRING GLOVES) CHAPTER 7 CLINCH AND TAKEDOWNS PRINCIPLE: BUOYANCY					
16 18:30 - Technique (1Hr) + Sparring (30 Min)	17 19:45 - Technique (1Hr) + Sparring (30 Min)	18	19 19:45 - Technique (1Hr) + Sparring (30 Min)	20	21 11:00 - Sparring* (1Hr)
ATTIRE: NO-GI (BRING GLOVES) CHAPTER 7 CLINCH AND TAKEDOWNS PRINCIPLE: HEAD CONTROL					
23 18:30 - Technique (1Hr) + Sparring (30 Min)	24 19:45 - Technique (1Hr) + Sparring (30 Min)	25	26 19:45 - Technique (1Hr) + Sparring (30 Min)	27	28 10:30 - Sparring* (1Hr)
ATTIRE: GI (BRING GLOVES) CHAPTER 7 CLINCH AND TAKEDOWNS PRINCIPLE: REDIRECTION					
30 18:30 - Technique (1Hr) + Sparring (30 Min)					

*Sparring is on most weekends but is not a fixed class on the schedule. Any changes will be communicated in advance.

Log-on & Boost Progress

There is a remarkable difference in the rate of progress between students who study in their off time and those who don't.

It is recommend that you study the current positional chapter online beginning with BBS1 and advancing to the next stripe course each cycle.

See the reverse of this page for instructions on how to complete the programme and frequently asked questions →



Grow At Your Own Pace

Unlike the Gracie Combatives program, which is entirely designed for new students to the art, the Master Cycle program caters to students of all belt level. As a result, you will often be exposed to techniques beyond your belt level. These advanced techniques should be practiced enthusiastically, and will give you a good idea of what to look forward to, but you should not burden yourself with the task of trying to memorise them all. If a move seems easy and applicable for you, take it, but if not, leave it alone and trust that you'll get it next time you cycle through that chapter. Remember, it's not a sprint, it's a marathon, and you're only racing against yourself, so be patient and have fun!

Technique Class

Your instructor will present 2-3 new techniques from the current chapter of study. Then, you will practice the techniques with a cooperative partner until the movements become natural.

Sparring Class

At the end of class, you will have a chance to test your skills against a variety of training partners in live sparring for 30 minutes. Safety is the primary concern during sparring, 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.

Frequently Asked Questions

Do I need gloves?

You must purchase a pair of 5.5oz Gracie Sparring Gloves and bring them to every Master Cycle class.

What do I wear for no-gi?

You must wear a rash-guard and either white gi pants or fight shorts. Spats/leggings underneath the shorts are fine but shorts must be worn over the top regardless of gender. As always, we do not require you to wear the official Gracie Gear however it is recommended and appreciated if you do. Any no-gi attire deemed to be inappropriate or offensive is not allowed.

How is my progress tracked?

We track your progress on your belt qualification card. Every time you come to class, pull this card from the filing box and take it onto the mat with you. We will collect and mark this for next time.

Got more questions?

If you have any other questions about your training, speak to your instructor in class or call us on 0161 527 1193 and instructor will get back to you.