

| Monday  | Tuesday  | Wednesday                                       | Thursday  | Friday | Saturday   |
|---|--|---|---|--------|--|
|  | <b>To Start</b><br><b>SCAN HERE</b><br> | 31<br><b>6:30P.M.- RD# 1</b><br><b>MOUNT</b>    | 1<br>6:30 PM<br>BBS1-L18: Dble Underhook<br>Pass Prevention<br>7:30 PM- 30 Min Sparring | 2      | 3<br>11:00 AM<br>BBS2-L19: Open Guard<br>Connections<br>Noon – Fight Sim Guard   |
| 5   | 5:30PM<br>BBS1-L10: Control Flow   | 6<br>6:30P.M.- RD# 2<br><b>GUARD</b>            | 7<br>6:30 PM<br>BBS1-L19: Knee Split Pass<br>7:30 PM- Fight Sim Guard                   | 8      | 9<br>11:00 AM<br>BBS1-L20: Standing Pass<br>Noon – 30 Min Sparring               |
| 12  | 5:30 PM<br>BBS1-L17: Posture<br>Prevention   | 13<br>6:30P.M.- RD# 3<br><b>SIDE MOUNT</b>      | 14<br>6:30 PM<br>BBS1-L21: Triangle Choke<br>Counters<br>7:30 PM- 30 Min Sparring       | 15     | 16<br>11:00 AM<br>BBS2-L24: Triangle Choke<br>Counters<br>Noon – Fight Sim Guard |
| 19  | 5:30PM<br>BBS1-L30: Guard Recovery   | 20<br>6:30P.M.- RD# 4<br><b>STANDING</b>        | 21<br>6:30 PM<br>BBS1-L22: Straight Armlock<br>7:30 PM- Fight Sim Guard                 | 22     | 23<br>11:00 AM<br>BBS1-L23: Kimura Counters<br>Noon – 30 Min Sparring            |
| 26  | 5:30 PM<br>BBS1-L37: Triple Threat   | 27<br>6:30P.M.- RD# 5<br><b>FREESTYLE FIGHT</b> | 28<br>6:30 PM<br>BBS1-L24: Wrist Control<br>Sequence<br>7:30 PM- 30 Min Sparring        | 29     | 30<br>11:00 AM<br>BBS2-L26: Omoplata<br>Noon – Fight Sim Guard                   |

### 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.