

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5:30PM BBS1-L5: Americana Armlock	3 6:30P.M.- RD# 5 FREESTYLE FIGHT SIM	4 6:30 PM BBS1-L6: Straight Armlock 7:30 PM- 30 Min Sparring	5	6 11:00 AM BBS2-L14: Lapel Chokes Noon – 30 Min Sparring
8	5:30PM BBS1-L7: Twisting Arm Control	10 6:30P.M.- RD# 1 MOUNT	11 6:30 PM BBS2-L6: Cross Choke Counters 7:30 PM- 30 Min Sparring	12	13 11:00 AM BBS2-L25: Lapel Choke Counters Noon – 30 Min Sparring
15	5:30 PM BBS1-L8: Neck-hug Sequence	17 6:30P.M.- RD# 2 GUARD	18 6:30 PM BBS1-L9: Cross Choke Sequence 7:30 PM- 30 Min Sparring	19	20 11:00 AM BBS2-L33: Tripod Pass Extras Noon – 30 Min Sparring
22	5:30 PM BBS2-L7: High Mount Armlock	24 6:30P.M.- RD# 3 SIDE MOUNT	25 6:30 PM BBS2-L8: Arm Triangle 7:30 PM- 30 Min Sparring	26	27 11:00 AM BBS2-L35: Turtle Control Noon – 30 Min Sparring
29	5:30 PM No Gi/Fight Sim	30			

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.