



MONDAY		TUESDAY		WEDNESDAY		No-Gi THURSDAY		No-Gi FRIDAY		SATURDAY	
A M	CLOSED FOR MEMORIAL DAY	29	9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS3 L10: High-low Escape Counters 1) Body Lock 2) Tripod Control 3) Hip Drive	31	NO CLASS	1	9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS4 L9: Back Door Control 1) Shoulder Control 2) Split Control	2	Technique Review & Sparring	3	8:30am-9:30am (+ 30 min sparring) Side Mount: Controls BBS4 L10: Ultimate Underhooks 1) Forearm Pry x3 2) Underhook Counters x3 3) North Pry x2
		P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Controls BBS4 L10: Ultimate Underhooks 1) Forearm Pry x3 2) Underhook Counters x3 3) North Pry x2			6:30pm-7:30pm (+ 30 min sparring) Side Mount: Controls BBS4 L9: Back Door Control 1) Shoulder Control 2) Split Control					
A M		5	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS1 L14: Americana Armlock 1) Standard Setups (2 Var.) 2) Rat Trap 3) Shoulder Drive 4) Extended Americana	7	NO CLASS	8	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS2 L13: Split Series 1) Split Control 2) Kimura - Underhook 3) Kimura - Overhook 4) Straight Armlock Finish	9	Technique Review & Sparring	10	8:30am-9:30am (+ 30 min Street Sparring) *** SELF-DEFENSE & STREET SPARRING *** Gi + No-Gi Attire + 5.5oz Sparring Gloves Required 1) Stand-Up Self-Defense 2) Weapon Considerations 3) Safe Submission Disengagement
	P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS1 L14: Americana Armlock 1) Standard Setups (2 Var.) 2) Rat Trap 3) Shoulder Drive 4) Extended Americana	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS1 L15: Elbow Cup Armbar 1) Standard Var. 2) American Fake			6:30pm-7:30pm (+ 30 min sparring) Side Mount: Submissions BBS2 L13: Split Series 1) Split Control 2) Kimura - Underhook 3) Kimura - Overhook 4) Straight Armlock Finish					
A M		12	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS2 L14: Lapel Chokes 1) North-South Control 2) Underhook Choke 3) Two-thumb Choke	14	NO CLASS	15	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS3 L14: D'arce Chokes 1) Standard Variation 2) Turtle Variations 3) North-South Variation 4) Reverse Cross Chest Var.	16	Technique Review & Sparring	17	8:30am-9:30am (+ 30 min sparring) Side Mount: Submissions BBS2 L15: Knee On Stomach 1) Advanced Control 2) Baseball Choke 3) Old School Connections x4
	P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS1 L15: Elbow Cup Armbar 1) Standard Var. 2) American Fake	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS2 L14: Lapel Chokes 1) North-South Control 2) Underhook Choke 3) Two-thumb Choke			6:30pm-7:30pm (+ 30 min sparring) Side Mount: Submissions BBS3 L14: D'arce Chokes 1) Standard Variation 2) Turtle Variations 3) North-South Variation 4) Reverse Cross Chest Var.					
A M		19	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS3 L13: Outside Arm Attacks 1) Kimura Variations x 6 2) Kimura Backup 3) North-South Armlock 4) Lapel Feed 5) Outside Arm pry	21	NO CLASS	22	9:30am-10:30am (+ 30 min sparring) Side Mount: Submissions BBS4 L13: Guillotine Mastery 1) Invitation Guillotine 2) Anaconda Connection 3) D'arce Connection 4) One-handed Guillotine	23	Technique Review & Sparring	24	8:30am-9:30am (+ 30 min sparring) Side Mount: Submissions BBS4 L14: Quickstep Armlocks 1) North Step 2) South Step 3) Switch Step 4) Drop Step
	P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS2 L15: Knee On Stomach 1) Advanced Control 2) Baseball Choke 3) Old School Connections x4	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS3 L13: Outside Arm Attacks 1) Kimura Variations x 6 2) Kimura Backup 3) North-South Armlock 4) Lapel Feed 5) Outside Arm pry			6:30pm-7:30pm (+ 30 min sparring) Side Mount: Submissions BBS4 L13: Guillotine Mastery 1) Invitation Guillotine 2) Anaconda Connection 3) D'arce Connection 4) One-handed Guillotine					
A M		26	9:30am-10:30am (+ 30 min sparring) Side Mount: Submission Counters BBS1 L16: Safe Hands 1) Outside Hook 2) Inside Hook 3) Isolated Arm 4) Body Lock	28	NO CLASS	29	9:30am-10:30am (+ 30 min sparring) Side Mount: Submission Counters BBS2 L16: Armlock Counters 1) Americana Counter x3 2) Elbow Cup Slip 3) Elbow Cup Back Roll	30	Technique Review & Sparring	1	8:30am-9:30am (+ 30 min Street Sparring) *** SELF-DEFENSE & STREET SPARRING *** Gi + No-Gi Attire + 5.5oz Sparring Gloves Required 1) Stand-Up Self-Defense 2) Submission vs. Control & Restraint 3) Use Of Forces & Legal Considerations
	P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submissions BBS4 L14: Quickstep Armlocks 1) North Step 2) South Step 3) Switch Step 4) Drop Step	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Submission Counters BBS1 L16: Safe Hands 1) Outside Hook 2) Inside Hook 3) Isolated Arm 4) Body Lock			6:30pm-7:30pm (+ 30 min sparring) Side Mount: Submission Counters BBS2 L16: Armlock Counters 1) Americana Counter x3 2) Elbow Cup Slip 3) Elbow Cup Back Roll					



Beyond Gracie Combatives, Gracie Jiu-Jitsu consists of hundreds of advanced techniques, all of which have been organized into a clearly defined, systematic curriculum called The Master Cycle. The Master Cycle is broken down into seven positional chapters each of which is studied for several months before moving on to the next. To optimize your learning in the Master Cycle, it is important that you utilize a blend of technique classes, spar classes, and online classes at GracieUniversity.com.

Sub-Sections

The Seven Chapters

1. Mount	2. Side Mount	3. Guard	4. Half Guard	5. Back Mount	6. Leg Locks	7. Standing
Escapes	Escapes	Controls	Bottom Strategies	Controls	Straight Foot Locks	Front Attack Defenses
Controls	Controls	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defenses
Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defenses
Submission Counters	Submission Counters	Submission Counters			Heel Hooks	Clinch & Takedowns
		Sweeps				
		Sport Guards				

TECHNIQUE CLASSES

Each technique class begins with a 15-20 minute review/warm-up period during which you will go over techniques from previous lessons, share/receive knowledge from your training partners, and explore any techniques that you may have learned online through Gracie University. After the review, the instructor will present 2-3 variations of a technique that pertains to the positional chapter of study. In a cooperative manner, you will practice the techniques with a partner.

SPARRING CLASSES

Sparring classes are approximately 30 minutes long and usually take place immediately after technique classes. This is where you will have a chance to test your skills against a variety of training partners in a safe environment through a variety of training exercises, such as: Rapid Mastery Drills, Street Sparring, Focus Sparring Exercises, and Fight Simulation Drills. Students who do not train in a safe and productive manner will not be allowed to participate in sparring classes. If you are nursing an injury or you are new to the Master Cycle, you should not spar, and you are encouraged to use the sparring class time to review techniques with a cooperative partner until you are ready to spar. Remember to tap early, tap often, and always identify the hidden lessons when you spar.

24-HOUR PROGRESS

There is a remarkable difference in the rate of progress between students who study in their off-time and those who don't. As an active member of the Master Cycle program, you qualify for a free subscription to GracieUniversity.com, which gives you unlimited online access to the Master Cycle video-based curriculum. If you haven't been granted access please speak to a receptionist. With this resource, you can review past lessons, learn new techniques, and prepare for future belt tests 24 hours a day from any computer or mobile device! Use GU to boost your progress on and off the mat!

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 levels from blue to black. 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 memorize 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!