



Detailed Technique Schedule OCTOBER 2023



	JNIVERSITY*	WAY** FROM BLUE TO BLACK BELT		OCTOBER 2023		MILWAUKEE
	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY No-Gi	FRIDAY	SATURDAY
A M	2	10:30am-11:30am (+ 30 min sparring) 3	4	10:30am-11:30am (+ 30 min sparring) 5	6:30am-7:30am 6	8:30am-9:30am (+ 30 min Street Sparring) 7
		Guard: Submission Counters		Guard: Submission Counters	Technique Review &	*** SELF-DEFENSE & STREET SPARRING ***
		BBS1 L21: Triangle Choke		BBS1 L22: Straight Armlock	Sparring	Gi + No-Gi Attire + 5.5oz Sparring Gloves Required
		1) Safe Hands	Ī	1) Anchor & Stack		1) Stand-Up Self-Defense
		2) Setup Slip		2) L-Drop		2) Advanced Clinch Entries
			4			3) The Fight & The Environment
	7:30pm-8:30pm (+ 30 min sparring)	7:30pm-8:30pm (+ 30 min sparring)	NO CLASS	6:30pm-7:30pm (+ 30 min sparring)		
١, ١	Guard: Submission Counters	Guard: Submission Counters		Guard: Submission Counters		
P	BBS2 L25: Lapel Chokes	BBS1 L21: Triangle Choke		BBS1 L22: Straight Armlock		
М	1) Safe Hands	1) Safe Hands		1) Anchor & Stack		
	2) Frame Counters x2 3) Amassa Pao	2) Setup Slip		2) L-Drop		
	3) Allidasad r du	9:30am-10:30am (+ 30 min sparring) 10	11	9:30am-10:30am (+ 30 min sparring) 12	6:30am-7:30am 13	8:30am-9:30am (+ 30 min Sparring) 14
		Guard: Submission Counters	-	Guard: Submission Counters	Technique Review &	Guard: Submission Counters
Α		BBS2 L24: Triangle Choke		BBS3 L22: Guillotine Counters	Sparring	BBS3 L23: Omoplata Counters
М		1) Knee Block		1) Frame Escape	,	1) Cross Jump
		2) Front Side Stack		2) Tripod Slip		2) Limp Arm
		3) Crossover Stretch		3) Arm-in Variation 4) Guard Pull Variation		3) Quick Roll 4) Body Drag
	:30pm-8:30pm (+ 30 min sparring) 7:30pm-8:30pm (+ 30 min sparring)		NO CLASS	6:30pm-7:30pm (+ 30 min sparring)		
	Guard: Submission Counters	Guard: Submission Counters		Guard: Submission Counters		
P M	BBS2 L24: Triangle Choke	BBS3 L23: Omoplata Counters		BBS3 L22: Guillotine Counters		
М	1) Knee Block	1) Cross Jump		1) Frame Escape		
	2) Front Side Stack 3) Crossover Stretch	2) Limp Arm 3) Quick Roll 4) Body Drag		2) Tripod Slip 3) Arm-in Variation 4) Guard Pull Variation		
		9:30am-10:30am (+ 30 min sparring) 17	18		6:30am-7:30am 20	8:30am-9:30am (+ 30 min sparring) 21
		Guard: Submission Counters	┪ ̄	Guard: Submission Counters	Technique Review &	Guard: Sweeps
Α		BBS4 L23: Overhook Counters		BBS4 L24: Arm Crush Counters	Sparring	BBS2 L28: Sit-Up Sweep
М		1) Low Swim	i	1) Stack & Slip		1) Kimura Combinations x2
		2) Head Slip		2) Quick Roll		2) Direct Shot
_				<u> </u>		3) Guillotine Combination
	7:30pm-8:30pm (+ 30 min sparring)	7:30pm-8:30pm (+ 30 min sparring)	NO CLASS	6:30pm-7:30pm (+ 30 min sparring)		
P	Guard: Submission Counters	Guard: Submission Counters		Guard: Sweeps		
Ь	BBS4 L23: Overhook Counters	BBS4 L24: Arm Crush Counters		BBS2 L28: Sit-Up Sweep 1) Kimura Combinations x2		
"	1) Low Swim 2) Head Slip	1) Stack & Slip 2) Quick Roll		2) Direct Shot		
	2, quick non			3) Guillotine Combination		
	23	9:30am-10:30am (+ 30 min sparring) 24	25	9:30am-10:30am (+ 30 min sparring) 26	6:30am-7:30am 27	8:30am-9:30am (+ 30 min sparring) 28
		Guard: Sweeps		Guard: Sweeps	Technique Review &	Guard: Sweeps
A		BBS1 L26: Scissor Sweep		BBS2 L29: Overhead Sweep	Sparring	BBS1 L27: Cross Sweep
М		1) Standard		1) Standard Variation		1) Cross Sweep
		2) Base Chop (2 Var.)		Guard: Sweeps BBS2 L29: Overhead Sweep 1) Standard Variation 2) Double Ankle Variation 3) Open Guard Variation 4 Gi Required For Technique		2) Cross Hook Combo
	7:30pm-8:30pm (+ 30 min sparring)	7:30pm-8:30pm (+ 30 min sparring)	NO CLASS	3) Open Guard Variation FO' 6:30pm-7:30pm (+ 30 min sparring)		3) Same Side Wrist Control
	Guard: Sweeps	Guard: Sweeps	NO CENCO	Guard: Sweeps 4*		
Р	BBS1 L26: Scissor Sweep	BBS1 L27: Cross Sweep		Guard: Sweeps BBS2 L29: Overhead Sweep BS2 L29: Overhead Sweep BS2 L29: Overhead Sweep S Gi Required * Gi Required For Technique For Technique		
М	1) Standard	1) Cross Sweep		1) Standard Variation * Gi Reg Chnique		
	2) Base Chop (2 Var.)	2) Cross Hook Combo		2) Double Ankle Variation		
		3) Same Side Wrist Control		3) Open Guard Variation		
	30	9:30am-10:30am (+ 30 min sparring) 31	1	l		8:30am-9:30am (+ 30 min Street Sparring) 4
١. ا		Guard: Sweeps		Guard: Sweeps BBS4 L27: Ankle Pick Sweep 1) Kneeling Variation 2) Standing Variation 3) Butterfly Guard Variation FOT Technique	Technique Review &	Guard: Sweeps
A M		BBS3 L26: Omoplata Sweep	TOFR	BBS4 L27: Ankle Pick Sweep	Sparring	BBS3 L27: Pendulum Sweep
		1) Kneeling Omoplata Sweep	NOVEMBER	1) Kneeling Variation 3) Standing Variation * Gi Require		1) Armlock Variation
		2) Waiter Sweep 3) Standing Omoplata Sweep 4) Star Sweep		2) Standing Variation * 5.7 7eC(1) 3) Butterfly Guard Variation		2) Forced Variation 4) Body Hug Variation 3) Reactive Variation 5) Zero Variation
\vdash	7:30pm-8:30pm (+ 30 min sparring)	7:30pm-8:30pm (+ 30 min sparring)	NO CLASS	6:30pm-7:30pm (+ 30 min sparring)		S) Zero variation
P	Guard: Sweeps	Guard: Sweeps	020			
	BBS3 L26: Omoplata Sweep	BBS3 L27: Pendulum Sweep		Guard: Sweeps BBS4 L27: Ankle Pick Sweep I) Kneeling Variation 2) Standing Variation 3) Butterfly Guard Variation		
М	1) Kneeling Omoplata Sweep	1) Armlock Variation		1) Kneeling Variation Gi Require		
	2) Waiter Sweep	2) Forced Variation 4) Body Hug Variation		2) Standing Variation * Gillechnics		
		3) Reactive Variation 5) Zero Variation		3) Butterfly Guard Variation FOT	ĺ	I



General Information & Training Guidelines



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.

	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						
S	Controls	Controls	Passes	Top Strategies	Submissions	Toe Hold Foot Locks	Rear Attack Defenses						
ection	Submissions	Submissions	Submissions		Submission Counters	Knee Locks	Weapon Defenses						
Sub-Sections	Submission Counters	Submission Counters	Submission Counters	/A		Heel Hooks	Clinch & Takedowns						
S			Sweeps				3						
			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!