




	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY	No-Gi	FRIDAY	SATURDAY
A M	1 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS2 L43: Diving Toe Hold 1) Kneeling Variation 2) Standing Variation 3) Quick Catch	2 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS2 L43: Diving Toe Hold 1) Kneeling Variation 2) Standing Variation 3) Quick Catch	NO CLASS	3 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS3 L41: Quick Catches 1) Slap Step 2) Quick Hug 3) High-low-Hug	4 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS3 L41: Quick Catches 1) Slap Step 2) Quick Hug 3) High-low-Hug	5 6:30am-7:30am Technique Review & Sparring	6 8:30am-9:30am (+ 30 min Street Sparring) Leg Locks: Toe Hold Foot Locks BBS4 L41: Estima Lock 1) Close Range 2) Medium Range 3) Long Range
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS2 L43: Diving Toe Hold 1) Kneeling Variation 2) Standing Variation 3) Quick Catch		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS4 L41: Estima Lock 1) Close Range 2) Medium Range 3) Long Range	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS3 L41: Quick Catches 1) Slap Step 2) Quick Hug 3) High-low-Hug	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Locks BBS3 L41: Quick Catches 1) Slap Step 2) Quick Hug 3) High-low-Hug	
A M	8 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS1L45/BBS2L44: Std + Quick Catch Toe Hold Cntrs 1) Spiral Dive	9 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS1L45/BBS2L44: Std + Quick Catch Toe Hold Cntrs 1) Spiral Dive 1) Early Counter 2) Emergency Escape 3) Quick Spin	NO CLASS	10 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS3 L42: Quick Catch Counters 1) Slap Step Counter 2) Quick Hug Counter 3) High-low-Hug Counter	11 9:30am-10:30am (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS3 L42: Quick Catch Counters 1) Slap Step Counter 2) Quick Hug Counter 3) High-low-Hug Counter	12 6:30am-7:30am Technique Review & Sparring	13 8:30am-9:30am (+ 30 min Sparring) Leg Locks: Toe Hold Foot Lock Counters BBS4 L42: Estima Lock Counters 1) Estima Lock Review 2) Hand-fighting 3) Emergency Roll
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS1L45/BBS2L44: Std + Quick Catch Toe Hold Cntrs 1) Spiral Dive 1) Early Counter 2) Emergency Escape 3) Quick Spin		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS4 L42: Estima Lock Counters 1) Estima Lock Review 2) Hand-fighting 3) Emergency Roll	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS3 L42: Quick Catch Counters 1) Slap Step Counter 2) Quick Hug Counter 3) High-low-Hug Counter	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Toe Hold Foot Lock Counters BBS3 L42: Quick Catch Counters 1) Slap Step Counter 2) Quick Hug Counter 3) High-low-Hug Counter	
A M	15 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS1 L46: Reverse Drop 1) Reverse Drop 2) Foot Control	16 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS1 L46: Reverse Drop 1) Reverse Drop 2) Foot Control	NO CLASS	17 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS3 L43: Top Half Setups 1) Drop Step Variation 2) Lockdown Spin 3) Sitting Variation	18 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS3 L43: Top Half Setups 1) Drop Step Variation 2) Lockdown Spin 3) Sitting Variation	19 6:30am-7:30am Technique Review & Sparring	20 8:30am-9:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS2 L45: Reverse Cross Chest Knee Lock 1) Standard Finish 2) Toe Hold Transition 3) Knee Lock Transition 4) Straight Foot lock Transition
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Knee Locks BBS1 L46: Reverse Drop 1) Reverse Drop 2) Foot Control		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Knee Locks BBS2 L45: Reverse Cross Chest Knee Lock 1) Standard Finish 2) Toe Hold Transition 3) Knee Lock Transition 4) Straight Foot lock Transition	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Knee Locks BBS3 L43: Top Half Setups 1) Drop Step Variation 2) Lockdown Spin 3) Sitting Variation	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Knee Locks BBS3 L43: Top Half Setups 1) Drop Step Variation 2) Lockdown Spin 3) Sitting Variation	
A M	22 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS4 L43: Inverted Knee Lock 1) Half Guard 2) Closed Guard 3) Spider Guard	23 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Locks BBS4 L43: Inverted Knee Lock 1) Half Guard 2) Closed Guard 3) Spider Guard	NO CLASS	24 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS3 L44: Top Half Counters 1) Drop Step Counters 2) Lockdown Spin Counters 3) Emergency Escapes	25 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS3 L44: Top Half Counters 1) Drop Step Counters 2) Lockdown Spin Counters 3) Emergency Escapes	26 6:30am-7:30am Technique Review & Sparring	27 8:30am-9:30am (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS1 L47: Primary Counter 1) Reverse Drop Knee Lock Review 2) Triangle Getup 3) Quick Block
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Knee Locks BBS4 L43: Inverted Knee Lock 1) Half Guard 2) Closed Guard 3) Spider Guard		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS1 L47: Primary Counter 1) Reverse Drop Knee Lock Review 2) Triangle Getup 3) Quick Block	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS3 L44: Top Half Counters 1) Drop Step Counters 2) Lockdown Spin Counters 3) Emergency Escapes	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS3 L44: Top Half Counters 1) Drop Step Counters 2) Lockdown Spin Counters 3) Emergency Escapes	
A M	29 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS4 L44: Inverted Knee Lock Counters 1) Half Guard 2) Closed Guard 3) Emergency Escape	30 9:30am-10:30am (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS4 L44: Inverted Knee Lock Counters 1) Half Guard 2) Closed Guard 3) Emergency Escape	MAY NO CLASS	1 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS2 L47: Inverted Heel Hook 1) Standard Finish 2) Advanced Heel Scoops x2	2 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS2 L47: Inverted Heel Hook 1) Standard Finish 2) Advanced Heel Scoops x2	3 6:30am-7:30am Technique Review & Sparring	4 8:30am-9:30am (+ 30 min Street Sparring) Leg Locks: Heel Hooks BBS1 L48: Standard Heel Hook 1) Standard Finish 2) Rolling Finish
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Knee Lock Counters BBS4 L44: Inverted Knee Lock Counters 1) Half Guard 2) Closed Guard 3) Emergency Escape		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Heel Hooks BBS1 L48: Standard Heel Hook 1) Standard Finish 2) Rolling Finish	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Heel Hooks BBS2 L47: Inverted Heel Hook 1) Standard Finish 2) Advanced Heel Scoops x2	6:30pm-7:30pm (+ 30 min sparring) Leg Locks: Heel Hooks BBS2 L47: Inverted Heel Hook 1) Standard Finish 2) Advanced Heel Scoops x2	



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!