




	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY No-Gi	FRIDAY	SATURDAY
A M	1 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS1 L13: High-Low Guard 1) Bump & Shoot 2) Modified Shot 3) Shrimp Failure	2 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS1 L13: High-Low Guard 1) Bump & Shoot 2) Modified Shot 3) Shrimp Failure	3 <b>NO CLASS</b>	4 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS3 L11: Back Door Escape* 1) Standard Variation 2) Turtle Getup 3) Switch Getup	5 6:30am-7:30am Technique Review & Sparring	6 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) Guard Get-Ups 3) Safe Submission Disengagement
P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Escapes BBS1 L13: High-Low Guard 1) Bump & Shoot 2) Modified Shot 3) Shrimp Failure	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Escapes BBS3 L12: Knee On Stomach Escapes 1) Shrimp Escape 2) Ankle Hug 3) Ankle Feed 4) Turtle Out	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min sparring) Side Mount: Escapes BBS3 L11: Back Door Escape* 1) Standard Variation 2) Turtle Getup 3) Switch Getup		
A M	8 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS4 L11: Cross Chest Counters 1) Stiff Arm 2) Shoulder Press	9 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS4 L11: Cross Chest Counters 1) Stiff Arm 2) Shoulder Press	10 <b>NO CLASS</b>	11 9:30am-10:30am (+ 30 min sparring) Side Mount: Escapes BBS1 L13: High-Low Guard 1) Bump & Shoot 2) Modified Shot 3) Shrimp Failure	12 6:30am-7:30am Technique Review & Sparring	13 8:30am-9:30am (+ 30 min sparring) Side Mount: Escapes BBS4 L12: Top Shoulder Roll 1) Standard Variation 2) No-Gi Variation 3) Butterfly Hook
P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Escapes BBS3 L12: Knee On Stomach Escapes 1) Shrimp Escape 2) Ankle Hug 3) Ankle Feed	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Escapes BBS4 L11: Cross Chest Counters 1) Stiff Arm 2) Shoulder Press	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min sparring) Side Mount: Escapes BBS1 L13: High-Low Guard 1) Bump & Shoot 2) Modified Shot 3) Shrimp Failure		
A M	15 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS1 L10: Control Flow 1) Smart Knee (Standard & Cross chest) 2) Modified Side Mount Transition 3) High Step Mount Transition	16 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS1 L10: Control Flow 1) Smart Knee (Standard & Cross chest) 2) Modified Side Mount Transition 3) High Step Mount Transition	17 <b>NO CLASS</b>	18 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS1 L11: Knee on Stomach 1) Basic Control 2) Bridge Entry 3) Side Drop 4) Mount Drop	19 6:30am-7:30am Technique Review & Sparring	20 8:30am-9:30am (+ 30 min sparring) Side Mount: Controls BBS2 L9: Shrimp Escape Prevention 1) Heavy Hip Recovery 2) Inside Leg Extension 3) Inverted Ankle Grab 4) Inside Ankle Hug
P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Escapes BBS4 L12: Top Shoulder Roll 1) Standard Variation 2) No-Gi Variation 3) Butterfly Hook	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Controls BBS1 L10: Control Flow 1) Smart Knee (Standard & Cross chest) 2) Modified Side Mount Transition 3) High Step Mount Transition	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min sparring) Side Mount: Controls BBS1 L11: Knee on Stomach 1) Basic Control 2) Bridge Entry 3) Side Drop 4) Mount Drop		
A M	22 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS2 L10: Mount Transitions 1) Rapid Knee Drive 2) False Rihs 3) Slingshot Step	23 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS2 L10: Mount Transitions 1) Rapid Knee Drive 2) False Rihs 3) Slingshot Step	24 <b>NO CLASS</b>	25 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS3 L9: Split Control 1) Guard Prevention 2) Turtle Prevention	26 6:30am-7:30am Technique Review & Sparring	27 8:30am-9:30am (+ 30 min sparring) Side Mount: Controls BBS3 L10: High-low Escape Counters 1) Body Lock 2) Tripod Control 3) Hip Drive
P M	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Controls BBS2 L9: Shrimp Escape Prevention 1) Heavy Hip Recovery 2) Inside Leg Extension 3) Inverted Ankle Grab 4) Inside Ankle Hug	7:30pm-8:30pm (+ 30 min sparring) Side Mount: Controls BBS2 L10: Mount Transitions 1) Rapid Knee Drive 2) False Rihs 3) Slingshot Step	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min sparring) Side Mount: Controls BBS3 L9: Split Control 1) Guard Prevention 2) Turtle Prevention		
A M	29 <b>CLOSED FOR MEMORIAL DAY</b> 	30 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 <b>NO CLASS</b>	1 9:30am-10:30am (+ 30 min sparring) Side Mount: Controls BBS4 L9: Back Door Control 1) Shoulder Control 2) Split Control	2 6:30am-7:30am 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	<b>NO CLASS</b>	6:30pm-7:30pm (+ 30 min sparring) Side Mount: Controls BBS4 L9: Back Door Control 1) Shoulder Control 2) Split Control		


**JUNE**



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!