



	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY No-Gi	FRIDAY	SATURDAY
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 6:30am-7:30am Technique Review & Sparring	3 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	
A M	6 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS3 L45: Heel Hook Connections 1) Standard Heel to Knee 2) Inverted Heel to Knee 3) Knee to Inverted Heel	7 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS3 L45: Heel Hook Connections 1) Standard Heel to Knee 2) Inverted Heel to Knee 3) Knee to Inverted Heel	NO CLASS	8 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS4 L45: 411 Attacks 1) Ankle Lock Entry 2) Side Shots x2 3) Quarter Guard Entries	9 6:30am-7:30am Technique Review & Sparring	10 8:30am-9:30am (+ 30 min Sparring) Leg Locks: Heel Hook Counters BBS1 L49: Primary Counter / BBS3 L46: Donkey Kick 1) Spiral Dive 2) Donkey Kick
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Heel Hooks BBS3 L45: Heel Hook Connections 1) Standard Heel to Knee 2) Inverted Heel to Knee 3) Knee to Inverted Heel		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Heel Hooks BBS4 L45: 411 Attacks 1) Ankle Lock Entry 2) Side Shots x2 3) Quarter Guard Entries	9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hooks BBS1 L49: Primary Counter / BBS3 L46: Donkey Kick 1) Spiral Dive 2) Donkey Kick	
A M	13 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hook Counters BBS2 L48: Inverted Heel Hook Counters 1) Early Counter 2) Late Counter 3) Emergency Escape	14 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hook Counters BBS2 L48: Inverted Heel Hook Counters 1) Early Counter 2) Late Counter 3) Emergency Escape	NO CLASS	15 9:30am-10:30am (+ 30 min sparring) Leg Locks: Heel Hook Counters BBS4 L46: 411 Counters 1) Triangle Get-up 2) Triangle Hook 3) Spiral Dive	16 6:30am-7:30am Technique Review & Sparring	17 8:30am-9:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS1 L50/51: Sucker Punch & Stand. Headck Defense 1) Sucker Punch Defense 2) Smart Base Variation
	P M	7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Heel Hook Counters BBS2 L48: Inverted Heel Hook Counters 1) Early Counter 2) Late Counter 3) Emergency Escape		7:30pm-8:30pm (+ 30 min sparring) Leg Locks: Heel Hook Counters BBS4 L46: 411 Counters 1) Triangle Get-up 2) Triangle Hook 3) Spiral Dive	6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS1 L50/51: Sucker Punch & Stand. Headck Defense 1) Sucker Punch Defense 2) Smart Base Variation	
A M	20 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L49: Single-hand Collar Grabs 1) Standard Variation 2) Wrist Chop Variation 3) Twisted Palm Variation 4) Shoulder Dip Variation	21 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L49: Single-hand Collar Grabs 1) Standard Variation 2) Wrist Chop Variation 3) Twisted Palm Variation 4) Shoulder Dip Variation	NO CLASS	22 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L50: Front Chokes 1) Standard Variation 2) Hip Throw Variation 3) 2-handed Wall-pin Var. 4) 1-handed Wall-pin Var.	23 6:30am-7:30am Technique Review & Sparring	24 8:30am-9:30am (+ 30 min Street Sparring) Standing: Front Attack Defenses BBS3 L47: One-handed Attacks 1) Shoulder Grab (Bent Arm) 2) Shoulder Gran (Extended Arm) 3) Chest Push 4) Aggressive Handshake
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L49: Single-hand Collar Grabs 1) Standard Variation 2) Wrist Chop Variation 3) Twisted Palm Variation 4) Shoulder Dip Variation		7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L50: Front Chokes 1) Standard Variation 2) Hip Throw Variation 3) 2-handed Wall-pin Var. 4) 1-handed Wall-pin Var.	6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L51: Bear Hugs 1) Under-arm Variation 2) Over-arm Variation	
A M	27 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L51: Bear Hugs 1) Under-arm Variation 2) Over-arm Variation	28 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS2 L51: Bear Hugs 1) Under-arm Variation 2) Over-arm Variation	NO CLASS	29 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L49: Headlock Defense 1) Postured Spin 2) Postured Slam 3) Wall-pin Variation (Opponent Outside) 4) Wall-pin Variation (Opponent Inside)	30 6:30am-7:30am Technique Review & Sparring	31 8:30am-9:30am (+ 30 min Street Sparring) Standing: Front Attack Defenses BBS3 L47: One-handed Attacks 1) Shoulder Grab (Bent Arm) 2) Shoulder Gran (Extended Arm) 3) Chest Push 4) Aggressive Handshake
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L47: One-handed Attacks 1) Shoulder Grab (Bent Arm) 2) Shoulder Gran (Extended Arm) 3) Chest Push 4) Aggressive Handshake		7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L49: Headlock Defense 1) Postured Spin 2) Postured Slam 3) Wall-pin Variation (Opponent Outside) 4) Wall-pin Variation (Opponent Inside)	6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L49: Headlock Defense 1) Postured Spin 2) Postured Slam 3) Wall-pin Variation (Opponent Outside) 4) Wall-pin Variation (Opponent Inside)	




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!