




	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY No-Gi	FRIDAY	SATURDAY
A M	3 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L48: Two-handed Collar Grabs 1) Narrow Grip 2) Wide Grip 3) Wall-pin Variation	4 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L48: Two-handed Collar Grabs 1) Front Kick Catch 2) Front Kick Pivot 3) Roundhouse Kick Counter	NO CLASS	5 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L50: Kick Defenses 1) Front Kick Catch 2) Front Kick Pivot 3) Roundhouse Kick Counter	6 6:30am-7:30am Technique Review & Sparring	7 8:30am-9:30am (+ 30 min Street Sparring) Standing: Front Attack Defenses BBS3 L51: Guillotine Defenses 1) Outside Trip 2) Sit Drop 3) Swing Drop
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L48: Two-handed Collar Grabs 1) Narrow Grip 2) Wide Grip 3) Wall-pin Variation		7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L50: Kick Defenses 1) Front Kick Catch 2) Front Kick Pivot 3) Roundhouse Kick Counter	6 6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS3 L51: Guillotine Defenses 1) Outside Trip 2) Sit Drop 3) Swing Drop	4) Side Slip
A M	10 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L47: Striking Techniques 1) Elbow Strike 2) Power Slap 3) Hand Chop	11 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L47: Striking Techniques 1) Elbow Strike 2) Power Slap 3) Hand Chop 4) Knee Strike 5) Side Kick	NO CLASS	12 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L48: Intimidation Approach 1) Verbal De-escalation 2) Bicep Block 3) Power Push	13 6:30am-7:30am Technique Review & Sparring	14 8:30am-9:30am (+ 30 min Sparring) Standing: Front Attack Defenses BBS4 L49: Wrist Releases 1) Standard Variations x3 2) Inverted Variations x3 3) Inverted (Low)
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L47: Striking Techniques 1) Elbow Strike 2) Power Slap 3) Hand Chop 4) Knee Strike 5) Side Kick		7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L48: Intimidation Approach 1) Verbal De-escalation 2) Bicep Block 3) Power Push	13 6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L49: Wrist Releases 1) Standard Variations x3 2) Inverted Variations x3 3) Inverted (Low)	
A M	17 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L50: Handcuffing Techniques 1) Elbow Pry 2) Armlock Transition 3) Hidden Arm	18 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L50: Handcuffing Techniques 1) Elbow Pry 2) Armlock Transition 3) Hidden Arm 4) Randy Roll	NO CLASS	19 9:30am-10:30am (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L51: Tactical Intervention 1) Knee Buckle 2) Spin Choke 3) Arm Drag	20 6:30am-7:30am Technique Review & Sparring	21 8:30am-9:30am (+ 30 min sparring) Standing: Rear Attack Defenses BBS1 L52 & 53: Rear Choke Defenses 1) Standard Variation 2) Pullback Variation
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L50: Handcuffing Techniques 1) Elbow Pry 2) Armlock Transition 3) Hidden Arm 4) Randy Roll		7:30pm-8:30pm (+ 30 min sparring) Standing: Rear Attack Defenses BBS1 L52 & 53: Rear Choke Defenses 1) Standard Variation 2) Pullback Variation	20 6:30pm-7:30pm (+ 30 min sparring) Standing: Front Attack Defenses BBS4 L51: Tactical Intervention 1) Knee Buckle 2) Spin Choke 3) Arm Drag	
A M	24 9:30am-10:30am (+ 30 min sparring) Standing: Rear Attack Defenses BBS2 L52 & 53: Bear Hug Over/Under Arms 1) Standard Variation 2) Quick Drop Variation	25 9:30am-10:30am (+ 30 min sparring) Standing: Rear Attack Defenses BBS2 L52 & 53: Bear Hug Over/Under Arms 1) Standard Variation 2) Quick Drop Variation 1) Standard Variation 2) Pickup Variation	NO CLASS	26 9:30am-10:30am (+ 30 min sparring) Standing: Rear Attack Defenses BBS3 L52: Rear Grab Defenses 1) Two-Handed Choke 2) Full Nelson 3) High hug	27 6:30am-7:30am Technique Review & Sparring	28 8:30am-9:30am (+ 30 min sparring) Standing: Rear Attack Defenses BBS3 L53: Rear Choke Defenses 1) Side Throw 2) Shoulder Slip
	P M	7:30pm-8:30pm (+ 30 min sparring) Standing: Rear Attack Defenses BBS2 L52 & 53: Bear Hug Over/Under Arms 1) Standard Variation 2) Quick Drop Variation 1) Standard Variation 2) Pickup Variation		7:30pm-8:30pm (+ 30 min sparring) Standing: Rear Attack Defenses BBS3 L52: Rear Grab Defenses 1) Two-Handed Choke 2) Full Nelson 3) High hug	26 6:30pm-7:30pm (+ 30 min sparring) Standing: Rear Attack Defenses BBS3 L53: Rear Choke Defenses 1) Side Throw 2) Shoulder Slip	



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!