




	MONDAY	TUESDAY	WEDNESDAY	No-Gi THURSDAY No-Gi	FRIDAY	SATURDAY
A M	2 	9:30am-10:30am (+ 30 min sparring) 3 Mount: Escapes BBS1 L3: Surprise Rolls 1) Neck-hug Var. 2) Punch Block Var. 3) Forearm Choke Var.	4	9:30am-10:30am (+ 30 min sparring) 5 Mount: Escapes BBS1 L4: Surprise Elbows 1) Spread Foot 2) Spread knee 3) Spread Hand	6:30am-7:30am 6 Technique Review & Sparring	8:30am-9:30am (+ 30 min sparring) 7 Mount: Escapes BBS2 L3: Modified Mount Escape 1) Top Knee Through 2) Top Arm Through
	P M	7:30pm-8:30pm (+ 30 min sparring) Mount: Escapes BBS1 L3: Surprise Rolls 1) Neck-hug Var. 2) Punch Block Var. 3) Forearm Choke Var.	NO CLASS	6:30pm-7:30pm (+ 30 min sparring) Mount: Escapes BBS1 L4: Surprise Elbows 1) Spread Foot 2) Spread knee 3) Spread Hand		
A M	9	9:30am-10:30am (+ 30 min sparring) 10 Mount: Escapes BBS2 L4: Hip Thrust Escape 1) Stadar Thrust 2) Switch Thrust 3) Trap & Roll Combo	NO CLASS	9:30am-10:30am (+ 30 min sparring) 12 Mount: Escapes BBS3 L3: Back Door Escape 1) Standard Variation 2) Scorpion Pullback	6:30am-7:30am 13	8:30am-9:30am (+ 30 min Sparring) 14 Mount: Escapes BBS3 L4: Shadow Counters 1) Shadow Smash 2) Silly Hook 3) Shadow Cross Counter
	P M	7:30pm-8:30pm (+ 30 min sparring) Mount: Escapes BBS2 L3: Modified Mount Escape 1) Top Knee Through 2) Top Arm Through		6:30pm-7:30pm (+ 30 min sparring) Mount: Escapes BBS3 L3: Back Door Escape 1) Standard Variation 2) Scorpion Pullback		
A M	16	9:30am-10:30am (+ 30 min sparring) 17 Mount: Escapes BBS4 L3: Forced Heel Drag 1) High Mount Variation 2) Modified Mount Variation 3) Punch Block Variation	NO CLASS	9:30am-10:30am (+ 30 min sparring) 19 Mount: Escapes BBS4 L4: Pressure Prevention 1) Head Control Counters 2) Hook Control Counters x2 3) Escape Connections x3	6:30am-7:30am 20	8:30am-9:30am (+ 30 min sparring) 21 Mount: Controls BBS1 L1: Super Hooks 1) Full Hips 2) Tuck & Shoot 3) High Hooks 4) Emergency Hooks
	P M	7:30pm-8:30pm (+ 30 min sparring) Mount: Escapes BBS3 L4: Shadow Counters 1) Shadow Smash 2) Silly Hook 3) Shadow Cross Counter		6:30pm-7:30pm (+ 30 min sparring) Mount: Escapes BBS4 L4: Pressure Prevention 1) Head Control Counters 2) Hook Control Counters x2 3) Escape Connections x3		
A M	23	9:30am-10:30am (+ 30 min sparring) 24 Mount: Controls BBS1 L2: High Mount 1) Wrist Scoop 2) Elbow Scoop 3) Choke Scoop	NO CLASS	9:30am-10:30am (+ 30 min sparring) 26 Mount: Controls BBS2 L2: Explosive Roll Counters 1) Half Nelson 2) Rider Back Mount Transition 3) Belly Down Armlock	6:30am-7:30am 27	8:30am-9:30am (+ 30 min sparring) 28 Mount: Controls BBS2 L1: Shadow Hooks 1) Standard Shadows 2) Shadow Kick 3) Shadow Cross
	P M	7:30pm-8:30pm (+ 30 min sparring) Mount: Controls BBS1 L1: Super Hooks 1) Full Hips 2) Tuck & Shoot 3) High Hooks 4) Emergency Hooks		6:30pm-7:30pm (+ 30 min sparring) Mount: Controls BBS2 L2: Explosive Roll Counters 1) Half Nelson 2) Rider Back Mount Transition 3) Belly Down Armlock		
A M	30	9:30am-10:30am (+ 30 min sparring) 1 Mount: Controls BBS3 L1: Modified Mount Control 1) Slide Drop 2) Reverse Hook 3) Reverse Triangle Setup	NO CLASS	9:30am-10:30am (+ 30 min sparring) 3 Mount: Controls BBS4 L1: Back Door Control 1) Smart Hands 2) Scorpion Counters 3) Quick Sit Armlock	6:30am-7:30am 4 Technique Review & Sparring	8:30am-9:30am (+ 30 min Street Sparring) 5 Mount: Controls BBS3 L2: Hip Thrust Counters 1) Low Underhook Control 2) High Hand Split 3) Cross Knee Block
	P M	7:30pm-8:30pm (+ 30 min sparring) Mount: Controls BBS2 L1: Shadow Hooks 1) Standard Shadows 2) Shadow Kick 3) Shadow Cross		6:30pm-7:30pm (+ 30 min sparring) Mount: Controls BBS3 L1: Modified Mount Control 1) Slide Drop 2) Reverse Hook 3) Reverse Triangle Setup	6:30pm-7:30pm (+ 30 min sparring) Mount: Controls BBS4 L1: Back Door Control 1) Smart Hands 2) Scorpion Counters 3) Quick Sit Armlock	


\* OCTOBER \*



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!