



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
A M						12:00pm- Position & Focus: Guard - Sport Guards Technique Name: SPORT GUARD REVIEW Section 1) Wall Sparring - Dodge Ball Retention (5 x 5 min rounds) Section 2) Wall Sparring - Tennis Ball Retention (5 x 5 min rounds) Section 3) Open Sparring (5 x 5 min rounds)	
P M							
A M		3 11:00am- Position & Focus: Half Guard - Bottom Technique Name: Guard Recovery [BBS1 L30] Slice 1) Lockdown Control Slice 2) Half Butterfly Recovery Slice 3) Top Knee Recovery	4	5	6 11:00am- Position & Focus: Half Guard - Bottom Technique Name: Take The Back [BBS1 L31] Slice 1) Direct Shot Slice 2) Blade Entry Slice 3) Punch Block Var.	7	8 12:00pm- Position & Focus: Half Guard - Bottom Technique Name: Elevator Sweep [BBS1 L32] Slice 1) Standard Var. Slice 2) Back Mount Transition Slice 3) Forced Elevator
P M	7:30pm- Positional Focus: Half Guard - Bottom Technique Name: Guard Recovery [BBS1 L30] Slice 1) Lockdown Control Slice 2) Half Butterfly Recovery Slice 3) Top Knee Recovery	6:00pm- Position & Focus: Half Guard - Bottom Technique Name: Elevator Sweep [BBS1 L32] Slice 1) Standard Var. Slice 2) Back Mount Transition Slice 3) Forced Elevator	NO CLASS		6:30pm- Position & Focus: Half Guard - Bottom Technique Name: Take The Back [BBS1 L31] Slice 1) Direct Shot Slice 2) Blade Entry Slice 3) Punch Block Var.	NO CLASS	
A M		10 11:00am- Position & Focus: Half Guard - Bottom Technique Name: Basic Sweep Chain [BBS2 L31] Slice 1) Ankle Pick Slice 2) Whizzer Roll Slice 3) Elbow Get-up	11	12 11:00am- Position & Focus: Half Guard - Bottom Technique Name: Butterfly Half Guard [BBS2 L32] Slice 1) Front Side Sweep Slice 2) Switch Butterfly Sweep Slice 3) X-Guard Transition	13	14	15 12:00pm- Position & Focus: Half Guard - Bottom Technique Name: Deep Half Guard [BBS3 L29] Slice 1) Backdoor Escape Slice 2) Front Side Sweep Slice 3) Underhook Counter Slice 4) Hookless Var.
P M	7:30pm- Position & Focus: Half Guard - Bottom Technique Name: Basic Sweep Chain [BBS2 L31] Slice 1) Ankle Pick Slice 2) Whizzer Roll Slice 3) Elbow Get-up	6:00pm- Position & Focus: Half Guard - Bottom Technique Name: Butterfly Half Guard [BBS2 L32] Slice 1) Front Side Sweep Slice 2) Switch Butterfly Sweep Slice 3) X-Guard Transition	8:30pm - Master Cycle: Street Sparring* *Both both partners can strike & use Jiu-Jitsu while sparring! Fight Simulation Sparring** (5 x 5 min rounds) **The following items are required in order to participate: - Official 5.5 oz Gracie Fight Sim Gloves - Quality Mouth Guard		6:30pm- Position & Focus: Half Guard - Bottom Technique Name: Deep Half Guard [BBS3 L29] Slice 1) Backdoor Escape Slice 2) Front Side Sweep Slice 3) Underhook Counter Slice 4) Hookless Var.	NO CLASS	
A M			17	18 11:00am- Position & Focus: Half Guard - Bottom Technique Name: Z-Half Guard [BBS3 L30] Slice 1) Knee Shield Control Slice 2) Back Mount Transition Slice 3) Kimura Options	19	20	21 12:00pm- Position & Focus: Half Guard - Bottom Technique Name: *** SUB-SECTION REVIEW *** [BBS1 L30] Guard Recovery (x3) [BBS2 L32] Butterfly Half Guard (x3) [BBS1 L31] Elevator Sweep (x3) [BBS3 L29] Deep Half Guard (x4) [BBS1 L32] Elevator Sweep (x3) [BBS3 L30] Z-Half Guard (x3) [BBS2 L31] Basic Sweep Chain (x3)
P M	*** NO CLASS ***	*** NO CLASS ***			6:30pm- Position & Focus: Half Guard - Bottom Technique Name: Z-Half Guard [BBS3 L30] Slice 1) Knee Shield Control Slice 2) Back Mount Transition Slice 3) Kimura Options	NO CLASS	
A M			24	25	26	27	28 12:00pm- Position & Focus: Half Guard - Top Technique Name: Sitting Pass [BBS1 L34] Slice 1) Standard Var. Slice 2) Bottom Knee Block Slice 3) Tripod Transition Slice 4) Lockdown Release
P M	*** ACADEMY ***	CLOSED ***	*** NO CLASS ***			11:00am- Position & Focus: Half Guard - Top Technique Name: Tripod Pass [BBS1 L33] Slice 1) Quick Shot Slice 2) Hook Backup Slice 3) Lockdown Release	29
					6:30pm- Position & Focus: Half Guard - Top Technique Name: Tripod Pass [BBS1 L33] Slice 1) Quick Shot Slice 2) Hook Backup Slice 3) Lockdown Release	NO CLASS	*** MONDAY ***
							*** NO CLASS ***






The Seven Chapters

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

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!