




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
A M			NO CLASS		NO CLASS	12:00pm to 1:00pm (+ 30 min sparring optional) 1 Position&Focus: Standing Weapon Defenses Technique: Technique Review Slice 1) All BBS 1 Gun Defenses Slice 2) All BBS 2 Gun Defenses Slice 3) All BBS 3 Gun Defenses		
P M								
A M	3	11:00am to 12:00pm (+ 30 min sparring optional) 4 Position&Focus: Standing Clinch & Takedowns Technique: Over-under Clinch Control* BBS1 L57 Slice 1) Defensive Pummel Slice 2) Offensive Pummel Slice 3) Guillotine Transition	NO CLASS	5	6	7	8	
P M	7:30pm to 8:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Over-under Clinch Control* BBS1 L57 Slice 1) Defensive Pummel Slice 2) Of Offensive Pummel Slice 3) Guillotine Transition	6:00pm to 7:00pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Pisao (Front Kick)* BBS1 L58 Slice 1) Defensive Pisao Slice 2) Offensive Pisao		11:00am to 12:00pm (+ 30 min sparring optional) 6 Position&Focus: Standing Clinch & Takedowns Technique: Takedown Chain* BBS1 L59 Slice 1) Advanced Double Leg Slice 2) Corner Cut Slice 3) Clinch Transition	6:30pm to 7:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Takedown Chain* BBS1 L59 Slice 1) Advanced Double Leg Slice 2) Corner Cut Slice 2) Clinch Transition	12:00pm to 1:00pm (+ 30 min sparring optional) 8 Position&Focus: Standing Clinch & Takedowns Technique: Double Leg Counter* BBS1 L60 Slice 1) Solo Sprawl Slice 2) Sprawl & Spin		
A M	10	11:00am to 12:00pm (+ 30 min sparring optional) 11 Position&Focus: Standing Clinch & Takedowns Technique: Pisao (Front Kick)* BBS1 L58 Slice 1) Defensive Pisao Slice 2) Offensive Pisao	NO CLASS	12	13	NO CLASS	14	15
P M	7:30pm to 8:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Double Leg Counter* BBS1 L60 Slice 1) Solo Sprawl Slice 2) Sprawl & Spin	6:00pm to 7:00pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Single Leg Takedowns* BBS2 L57 Slice 1) Outside Single Slice 2) Double Leg Connections x2 Slice 3) Inside Single // Slice 4) Ankle-hug Finish		11:00am to 12:00pm (+ 30 min sparring optional) 13 Position&Focus: Standing Clinch & Takedowns Technique: Single Leg Takedowns* BBS2 L57 Slice 1) Sprawl Slice 2) Switch Slice 3) Inside Single // Slice 4) Ankle-hug Finish	6:30pm to 7:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Single Leg Counters* BBS2 L58 Slice 1) Outside Single Slice 2) Double Leg Connections x2 Slice 3) Donkey Kick		12:00pm to 1:00pm (+ 30 min sparring optional) 15 Position&Focus: Standing Clinch & Takedowns Technique: Single Leg Counters* BBS2 L58 Slice 1) Outside Single Slice 2) Double Leg Connections x2 Slice 3) Donkey Kick	
A M	17	11:00am to 12:00pm (+ 30 min sparring optional) 18 Position&Focus: Standing Clinch & Takedowns Technique: Over-Under Takedowns* BBS2 L59 Slice 1) Inside Trip Slice 2) Outside Trip Slice 3) Over-Under Throw	NO CLASS	19	20	NO CLASS	21	22
P M	7:30pm to 8:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Over-Under Takedowns* BBS2 L59 Slice 1) Inside Trip Slice 2) Outside Trip Slice 3) Over-Under Throw	6:00pm to 7:00pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Advanced Clinch Entries* BBS2 L60 Slice 1) Jab Counters Slice 2) Cross Counters Slice 3) Hook Counters // Slice 4) Clinch Control Flow		11:00am to 12:00pm (+ 30 min sparring optional) 20 Position&Focus: Standing Clinch & Takedowns Technique: Advanced Clinch Entries* BBS2 L60 Slice 1) Jab Counters Slice 2) Cross Counters Slice 3) Hook Counters // Slice 4) Clinch Control Flow	6:30pm to 7:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Arm Drags* BBS3 L57 Slice 1) Inside Trip Setup Slice 2) Double Leg Setup Slice 3) Direct Shot		12:00pm to 1:00pm (+ 30 min sparring optional) 22 Position&Focus: Standing Clinch & Takedowns Technique: Arm Drags* BBS3 L57 Slice 1) Inside Trip Setup Slice 2) Double Leg Setup Slice 3) Direct Shot	
A M	24	11:00am to 12:00pm (+ 30 min sparring optional) 25 Position&Focus: Standing Clinch & Takedowns Technique: Throwing Techniques BBS3 L58 Slice 1) Osoto Gari (Major Outer Reap) Slice 2) De Ashi Harai (Foot Sweep) Slice 3) Uchi Mata (Inner Thigh Throw) Slice 4) Tomoe Nage (Circle Throw)	NO CLASS	26	27	NO CLASS	28	29
P M	7:30pm to 8:30pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Throwing Techniques BBS3 L58 Slice 1) Osoto Gari (Major Outer Reap) Slice 2) De Ashi Harai (Foot Sweep) Slice 3) Uchi Mata (Inner Thigh Throw) Slice 4) Tomoe Nage (Circle Throw)	6:00pm to 7:00pm (+ 30 min sparring optional) Position&Focus: Standing Clinch & Takedowns Technique: Wall Takedowns* BBS3 L59 Slice 1) Double Leg Slice 2) Single Leg // Slice 3) Leg Hook		11:00am to 12:00pm (+ 30 min sparring optional) 27 Position&Focus: Standing Clinch & Takedowns Technique: Wall Takedown Counters BBS3 L60 Slice 1) Wall Switch Slice 2) Clinch Lift Slice 3) Wall Walk	6:00pm to 9pm (All normal evening classes cancelled) Announcing the seminar of seminars: PROFESSOR RYRON GRACIE!!! Sign up online at graciemilwaukee.com/seminars *** YOU DON'T WANT TO MISS THIS ***		12:00pm to 1:00pm (+ 30 min sparring optional) 29 Position&Focus: Standing Clinch & Takedowns Technique: Wall Takedown Counters BBS3 L60 Slice 1) Wall Switch Slice 2) Clinch Lift Slice 3) Wall Walk	

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,

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!