


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M				11:00am- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Sit-Up Sweep [BBS2 L28] Slice 1) Kimura Combinations x2 Slice 2) Direct Shot Slice 3) Guillotine Combination	2	12:00pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Overhead Sweep [BBS2 L29] Slice 1) Standard Variation Slice 2) Double Ankle Variation Slice 3) Open Guard Variation
P M				6:30pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Sit-Up Sweep [BBS2 L28] Slice 1) Kimura Combinations x2 Slice 2) Direct Shot Slice 3) Guillotine Combination	NO CLASS	
A M	5	11:00am- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Scissor Sweep [BBS1 L26] Slice 1) Standard Variation Slice 2) Base Chop (2 Var.)	7	11:00am- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Pendulum Sweep [BBS3 L27] Slice 1) Armlock Variation Slice 2) Forced Variation Slice 3) Reactive Variation Slice 4) Body Hug Variation   Slice 5) Zero Variation	9	12:00pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Cross Sweep [BBS1 L27] Slice 1) Cross Sweep Slice 2) Cross Hook Combo Slice 3) Same Side Wrist Control
P M	7:30pm- <b>Positional Focus:</b> Guard - Sweeps <b>Technique Name:</b> Scissor Sweep [BBS1 L26] Slice 1) Standard Variation Slice 2) Base Chop (2 Var.)	6:00pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Cross Sweep [BBS1 L27] Slice 1) Cross Sweep Slice 2) Cross Hook Combo Slice 3) Same Side Wrist Control	NO CLASS	6:30pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Pendulum Sweep [BBS3 L27] Slice 1) Armlock Variation Slice 2) Forced Variation Slice 3) Reactive Variation Slice 4) Body Hug Variation   Slice 5) Zero Variation	NO CLASS	
A M	12	11:00am- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Omoplata Sweep [BBS3 L26] Slice 1) Kneeling Omoplata Sweep Slice 2) Waiter Sweep Slice 3) Standing Omoplata Sweep Slice 4) Star Sweep	14	11:00am- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> GUARD SWEEPS REVIEW SIT-UP SWEEP [BBS2 L28] PENDULUM SWEEP [BBS3 L27]	16	12:00pm- <b>Position &amp; Focus:</b> Guard - Guard - Sweeps <b>Technique Name:</b> GUARD SWEEPS REVIEW SCISSOR SWEEP [BBS1 L26] CROSS SWEEP [BBS1 L27] OVERHEAD SWEEP [BBS2 L29] OMOPLATA SWEEP [BBS3 L26]
P M	7:30pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Overhead Sweep [BBS2 L29] Slice 1) Standard Variation Slice 2) Double Ankle Variation Slice 3) Open Guard Variation	6:00pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> Ankle Pick Sweep [BBS4 L27] Slice 1) Kneeling Variation Slice 2) Standing Variation Slice 3) Butterfly Guard Variation	NO CLASS	6:30pm- <b>Position &amp; Focus:</b> Guard - Sweeps <b>Technique Name:</b> GUARD SWEEPS REVIEW SIT-UP SWEEP [BBS2 L28] PENDULUM SWEEP [BBS3 L27]	NO CLASS	
A M	19	11:00am- <b>Position &amp; Focus:</b> Guard - Sport Guards <b>Technique Name:</b> Butterfly Guard [BBS1 L28] Slice 1) Strong Side Sweep Slice 2) Weak Side Sweep Slice 3) Take The Back	21	22	23	12:00pm- <b>Position &amp; Focus:</b> Guard - Sport Guards <b>Technique Name:</b> Spider Guard [BBS1 L29] Slice 1) Control Slice 2) Standard Push Sweep Slice 3) Wrapping Var. Slice 4) Triangle Transitions (2 Finishes)
P M	7:30pm- <b>Positional Focus:</b> Guard - Sport Guards <b>Technique Name:</b> Butterfly Guard [BBS1 L28] Slice 1) Strong Side Sweep Slice 2) Weak Side Sweep Slice 3) Take The Back	6:00pm- <b>Positional Focus:</b> Guard - Sport Guards <b>Technique Name:</b> Spider Guard [BBS1 L29] Slice 1) Control Slice 2) Standard Push Sweep Slice 3) Wrapping Var. Slice 4) Triangle Transitions (2 Finishes)	NO CLASS			
A M	26	11:00am- <b>Position &amp; Focus:</b> Guard - Sport Guards <b>Technique Name:</b> X-Guard [BBS2 L30] Slice 1) Ankle Pick Sweep - Butterfly Pickup Slice 2) Wrist Control Sweep - Butterfly Sweep Entry Slice 3) Get-up Sweep - Half Guard Entry Slice 4) Back Mount Transition - Butterfly Entry	28	11:00am- <b>Position &amp; Focus:</b> Guard - Sport Guards <b>Technique Name:</b> SPORT GUARD REVIEW Section 1) Wall Sparring (5 x 5 mins rounds) [GI REQ'D] Section 2) No Hand Sparring (5 x 5 mins rounds) [GI REQ'D] Section 3) Open Sparring (5 x 5 min rounds) (NO-GI)	30	
P M	7:30pm- <b>Positional Focus:</b> Guard - Sport Guards <b>Technique Name:</b> X-Guard [BBS2 L30] Slice 1) Ankle Pick Sweep - Butterfly Pickup Slice 2) Wrist Control Sweep - Butterfly Sweep Entry Slice 3) Get-up Sweep - Half Guard Entry Slice 4) Back Mount Transition - Butterfly Entry	6:00pm- <b>Positional Focus:</b> Guard - Sport Guards <b>Technique Name:</b> De La Riva Guard [BBS3 L28] Slice 1) De La Riva Control Slice 2) Stretch Sweep Slice 3) Overhead Sweep Slice 4) Back Mount Transition	NO CLASS	6:30pm- <b>Position &amp; Focus:</b> Guard - Sport Guards <b>Technique Name:</b> SPORT GUARD REVIEW Section 1) Wall Sparring (5 x 5 mins rounds) [GI REQ'D] Section 2) No Hand Sparring (5 x 5 mins rounds) [GI REQ'D] Section 3) Open Sparring (5 x 5 min rounds) (NO-GI)	NO CLASS	



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!