




|        | MONDAY | TUESDAY  | WEDNESDAY | No-Gi THURSDAY No-Gi   | FRIDAY   | SATURDAY   |
|--------|--------|--|-----------|--|--|--|
| A<br>M |        |  | NO CLASS  | 1 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS3 Lesson 35 - No-Gi Turtle Chokes<br>1) Anaconda Choke<br>2) D'arce Choke<br>3) Peruvian Neck Tie                           | 3 6:30am-7:30am<br>Technique Review & Sparring   | 4 8:30am-9:30am (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Controls<br>BBS4 Lesson 35 - The Crucifix<br>1) Triple Threat Entry<br>2) Turtle Entry<br>3) Crucifix Connections x 2 (Kimura & Armlock Finish) |
|        | P<br>M |  |           | 2 6:30pm-7:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS3 Lesson 35 - No-Gi Turtle Chokes<br>1) Anaconda Choke<br>2) D'arce Choke<br>3) Peruvian Neck Tie                             |  |  |
| A<br>M | 6      | 7 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS1 Lesson 38: Choke Sequence<br>1) Rear Naked Choke (2 Var.)<br>2) Lapel Choke (3 Var.)                                    | NO CLASS  | 8 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS3 Lesson 36: The Twister<br>1) Standard Variation<br>2) Leg Lock Connections x2<br>3) Side Mount Setup                      | 9 6:30am-7:30am<br>Technique Review & Sparring   | 10 8:30am-9:30am (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS1 Lesson 39 - Double Threat<br>1) Straight Armlock<br>2) Choke Combination (2 Var.)  |
|        | P<br>M | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Controls<br>BBS4 Lesson 35 - The Crucifix<br>1) Triple Threat Entry<br>2) Turtle Entry<br>3) Crucifix Connections x 2 (Kimura & Armlock Finish) |           | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS1 Lesson 38: Choke Sequence<br>1) Rear Naked Choke (2 Var.)<br>2) Lapel Choke (3 Var.)  | 9 6:30pm-7:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS3 Lesson 36: The Twister<br>1) Standard Variation<br>2) Leg Lock Connections x2<br>3) Side Mount Setup                      |  |
| A<br>M | 13     | 14 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS2 Lesson 37 - Reverse Triangle<br>1) Ultra Isolation<br>2) Goofy Armlock Finish<br>3) Reverse Triangle Finishes x 3      | NO CLASS  | 15 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS4 Lesson 36: Exit Chokes<br>1) Arm Triangle<br>2) Schaub Crank   | 16 6:30am-7:30am<br>Technique Review & Sparring  | 17 8:30am-9:30am (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS2 Lesson 38 - Clock Choke<br>1) Clock Choke<br>2) Clock Backups x2   |
|        | P<br>M | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS1 Lesson 39 - Double Threat<br>1) Straight Armlock<br>2) Choke Combinations (2 Var.)  |           | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS2 Lesson 37 - Reverse Triangle<br>1) Ultra Isolation<br>2) Goofy Armlock Finish<br>3) Reverse Triangle Finishes x 3             | 16 6:30pm-7:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS4 Lesson 36: Exit Chokes<br>1) Arm Triangle<br>2) Schaub Crank   |  |
| A<br>M | 20     | 21 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS1 Lesson 40 - Early Escape<br>1) Stitting Variation<br>2) Kneeling Variation  | NO CLASS  | 22 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS4 Lesson 37 - Turtle Choke Counters<br>1) Safe Hands 3) D'Arce Counters x 2<br>2) Anaconda Counters x 2 4) Peruvian Counter | 23 6:30am-7:30am<br>Technique Review & Sparring  | 24 8:30am-9:30am (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS1 Lesson 41 - Frame Escape<br>1) Patient Entry<br>2) Forced Entry<br>3) Emergency Entry                                       |
|        | P<br>M | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Submissions<br>BBS2 Lesson 38 - Clock Choke<br>1) Clock Choke<br>2) Clock Backups x2  |           | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS1 Lesson 40 - Early Escape<br>1) Stitting Variation<br>2) Kneeling Variation   | 22 6:30pm-7:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS4 Lesson 37 - Turtle Choke Counters<br>1) Safe Hands 3) D'Arce Counters x 2<br>2) Anaconda Counters x 2 4) Peruvian Counter |  |
| A<br>M | 27     | 28 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS2 Lesson 39 - Lapel Chokes<br>1) Shotgun Escape<br>2) Four Finger Escape<br>3) Figure-Four Footlock                       | NO CLASS  | 29 11:00am-12:00pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS4 Lesson 38 - Emergency Escapes<br>1) Rear Naked Choke<br>2) Twister<br>3) Parachute  |  |  |
|        | P<br>M | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS1 Lesson 41 - Frame Escape<br>1) Patient Entry<br>2) Forced Entry<br>3) Emergency Entry  |           | 7:30pm-8:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS2 Lesson 39 - Lapel Chokes<br>1) Shotgun Escape<br>2) Four Finger Escape<br>3) Figure-Four Footlock                              | 29 6:30pm-7:30pm (+ 30 min sparring)<br>Chapter & Sub Section: Back Mount / Sub. Cntrs<br>BBS4 Lesson 38 - Emergency Escapes<br>1) Rear Naked Choke<br>2) Twister<br>3) Parachute  |  |



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!