



MASTER CYCLE®

November - December 2018

8-Week Forecast



- **No-Gi Training Attire:** During no-gi classes, students are required to wear Gracie Fight Shorts or gi pants, and a navy blue or black Gracie Academy or Sobukai dry-fit shirt or Gracie rashguard. Students are allowed to wear a gi. All students must wear their belts to no-gi classes. Tank tops, ripped t-shirts, or shirts with any other logos are not allowed.
- **Fight Simulation Classes:** In order to participate in this class, participants must have 16-18 oz. blue boxing gloves and a mouth guard. Sharing of boxing gloves is not allowed.
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Rapid Mastery 20:00-21:00	30	31	November 1 Focus Sparring 20:00-21:00	2 Fight Simulation 20:00-21:00 (no-gi)	3	4
Chapter 1.4 – Mount Submissions (Phase 1: Technique; NECK-HUG SEQUENCE)						
5 Rapid Mastery 20:00-21:00	6	7	8 Focus Sparring 20:00-21:00	9 Fight Simulation 20:00-21:00 (no-gi)	10	11
Chapter 1.4 – Mount Submissions (Phase 1: Technique; CROSS CHOKE SEQUENCE) Gi required						
12 NO CLASS	13	14	15 NO CLASS	16 NO CLASS	17	18
19 Rapid Mastery 20:00-21:00	20	21	22 Focus Sparring 20:00-21:00	23 Fight Simulation 20:00-21:00 (no-gi)	24	25
Chapter 1 – Mount (Phase 2: Review)						
26 Rapid Mastery 20:00-21:00	27	28	29 Focus Sparring 20:00-21:00	30 Fight Simulation 20:00-21:00 (no-gi)	December 1	2
Chapter 1 – Mount (Phase 2: Review)						
3 Rapid Mastery 20:00-21:00	4	5	6 Focus Sparring 20:00-21:00	7 Fight Simulation 20:00-21:00 (no-gi)	8	9
Chapter 2.1 – Mount (Phase 3: Sparring)						
10 Rapid Mastery 20:00-21:00	11	12	13 Focus Sparring 20:00-21:00	14 Fight Simulation 20:00-21:00 (no-gi)	15	16
Chapter 2.1 – Side Mount Controls (Phase 1: Technique; CONTROL FLOW)						
17 Rapid Mastery 20:00-21:00	18	19	20 Focus Sparring 20:00-21:00	21 Fight Simulation 20:00-21:00 (no-gi)	22	23
Chapter 2.2 – Side Mount CONTROLS (Phase 1: Technique; KNEE ON STOMACH)						