



# MASTER CYCLE®

January - February 2019  
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
31	<b>January 1</b>	2	3 Focus Sparring 19:30-20:30	4 Fight Simulation 19:30-20:30 (no-gi)	5	6
<b>Chapter 2.2 – Side Mount Escapes (Phase 1: Technique; BUMP AND SHOOT)</b>						
7 Rapid Mastery 20:00-21:00	8	9	10 Focus Sparring 19:30-20:30	11 Fight Simulation 19:30-20:30 (no-gi)	12	13
<b>Chapter 2.2 – Side Mount Escapes (Phase 1: Technique; HIGH-LOW GUARD)</b>						
14 Rapid Mastery 20:00-21:00	15	16	17 Focus Sparring 19:30-20:30	18 Fight Simulation 19:30-20:30 (no-gi)	19	20
<b>Chapter 2.3 – Side Mount Submissions (Phase 1: Technique; AMERICANA ARMLOCK)</b>						
21 Rapid Mastery 20:00-21:00	22	23	24 Focus Sparring 19:30-20:30	25 Fight Simulation 19:30-20:30 (no-gi)	26	27
<b>Chapter 2.3 – Side Mount Submissions (Phase 1: Technique; ELBOW CUP ARMBAR)</b>						
28 Rapid Mastery 20:00-21:00	29	30	31 Focus Sparring 19:30-20:30	<b>February 1</b> Fight Simulation 19:30-20:30 (no-gi)	2	3
<b>Chapter 2.4 – Side Mount Counters (Phase 1: Technique; SAFE HANDS)</b>						
4 Rapid Mastery 20:00-21:00	5	6	7 Focus Sparring 19:30-20:30	8 Fight Simulation 19:30-20:30 (no-gi)	9	10
<b>Chapter 2 – Side Mount (Phase 2: Review)</b>						
11 Rapid Mastery 20:00-21:00	12	13	14 Focus Sparring 19:30-20:30	15 Fight Simulation 19:30-20:30 (no-gi)	16	17
<b>Chapter 2 – Side Mount (Phase 2: Review)</b>						
18 Rapid Mastery 20:00-21:00	19	20	21 Focus Sparring 19:30-20:30	22 Fight Simulation 19:30-20:30 (no-gi)	23	24
<b>Chapter 2 – Side Mount (Phase 3: Sparring)</b>						