



MASTER CYCLE®

August – September 2021

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 [Gracie Sparring 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
July 26 Rapid Mastery 19:45-20:45	27	28	29	30	31	August 1
Chapter 4 – Half Guard (Phase 2: REVIEW)						
2 Rapid Mastery 19:45-20:45	3	4 Focus Sparring 18:30-19:30 RD 19:45-20:45	5 Fight Simulation 19:45-20:45 (no-gi)	6 Flow Sparring Mount L-8 12:00-13:00	7	8
Chapter 4 – Half Guard (Phase 3: SPARRING)						
9 Rapid Mastery 19:45-20:45	10	11 Focus Sparring 18:30-19:30 RD 19:45-20:45	12 Fight Simulation 19:45-20:45 (no-gi)	13 Flow Sparring Side Mount L-10 12:00-13:00	14	15
Chapter 5.1 – Back Mount Controls (Phase 1: Technique; CROSSOVER CONTROL - 36)						
16 Rapid Mastery 19:45-20:45	17	18 Focus Sparring 18:30-19:30 RD 19:45-20:45	19 Fight Simulation 19:45-20:45 (no-gi)	20 INDEPENDANCE DAY	21	22
Chapter 5.1 – Back Mount Controls (Phase 1: Technique; TRIPLE THREAT - 37)						
23 Rapid Mastery 19:45-20:45	24	25 Focus Sparring 18:30-19:30 RD 19:45-20:45	26 Fight Simulation 19:45-20:45 (no-gi)	27 Flow Sparring Side Mount L-11 12:00-13:00	28	29
Chapter 5.2 – Back Mount Submissions (Phase 1: Technique; CHOKE SEQUENCE - 38)						
30 Rapid Mastery 19:45-20:45	31	September 1 Focus Sparring 18:30-19:30 RD 19:45-20:45	2 Fight Simulation 19:45-20:45 (no-gi)	3 Flow Sparring Side Mount L-12 12:00-13:00	4	5
Chapter 5.2 – Back Mount Submissions (Phase 1: Technique; DOUBLE THREAT - 39)						
6 Rapid Mastery 19:45-20:45	7	8 Focus Sparring 18:30-19:30 RD 19:45-20:45	9 Fight Simulation 19:45-20:45 (no-gi)	10 Flow Sparring Side Mount L-13 12:00-13:00	11	12
Chapter 5.3 – Back Mount Submission Counters (Phase 1: Technique; EARLY ESCAPE - 40)						
13 Rapid Mastery 19:45-20:45	14	15 Focus Sparring 18:30-19:30 RD 19:45-20:45	16 Fight Simulation 19:45-20:45 (no-gi)	17 Flow Sparring Side Mount L-14 12:00-13:00	18	19
Chapter 5.3 – Back Mount Submissions Counters (Phase 1: FRAME ESCAPE - 41)						