



MASTER CYCLE®

December '20 – January '21

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
December 7 Rapid Mastery 20:00-21:15	8	9 Focus Sparring 18:30-19:45 RD 20:00-21:00	10 Fight Simulation 19:45-21:00 (no-gi)	11	12	13
Chapter 3.5 – Guard Sweeps (Phase 1: Technique; CROSS SWEEP)						
14 Rapid Mastery 20:00-21:15	15	16 Focus Sparring 18:30-19:45 RD 20:00-21:00	17 Fight Simulation 19:45-21:00 (no-gi)	18	19	20
Chapter 3.6 – Sports Guards (Phase 1: Technique; BUTTERFLY GUARD)						
21 Rapid Mastery 20:00-21:15	22	23 Focus Sparring 18:30-19:45 RD 20:00-21:00	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	27
Chapter 3.6 – Sports Guards (Phase 1: Technique; SPIDER GUARD)						
28 Rapid Mastery 20:00-21:15	29	30 Focus Sparring 18:30-19:45 RD 20:00-21:00	31 NEW YEAR'S EVE	January 1 NEW YEAR'S DAY	2	3
Chapter 3 – Guard (Phase 2: REVIEW)						
4 Rapid Mastery 20:30-21:30	5	6 Focus Sparring 18:30-19:45 RD 20:00-21:00	7 Fight Simulation 19:45-21:00 (no-gi)	8	9	10
Chapter 3 – Guard (Phase 2: REVIEW)						
11 Rapid Mastery 20:00-21:15	12	13 Focus Sparring 18:30-19:45 RD 20:00-21:00	14 Fight Simulation 19:45-21:00 (no-gi)	15	16	17
Chapter 3 – Guard (Phase 3: SPARRING)						
18 Rapid Mastery 20:00-21:15	19	20 Focus Sparring 18:30-19:45 RD 20:00-21:00	21 Fight Simulation 19:45-21:00 (no-gi)	22	23	24
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique; GUARD RECOVERY)						
25 Rapid Mastery 20:00-21:15	26	27 Focus Sparring 18:30-19:45 RD 20:00-21:00	28 Fight Simulation 19:45-21:00 (no-gi)	29	30	31
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique; TAKE THE BACK)						