



# MASTER CYCLE®

February – March '20

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
February 3 Rapid Mastery 20:00-21:00	4	5 RD CLASS 18:30 – 19:30	6 Focus Sparring 20:00-21:00	7 Fight Simulation 20:00-21:00 (no-gi)	8	9
<b>Chapter 7.4 – Clinch/Takedowns (Phase 1: TAKEDOWN CHAIN &amp; DOUBLE LEG COUNTER)</b>						
10 Rapid Mastery 20:00-21:00	11	12 RD CLASS 18:30 – 19:30	13 Focus Sparring 20:00-21:00	14	15 Fight Simulation 14:30-15:30 (no-gi)	16
<b>Chapter 7 – Standing Techniques (Phase 2: REVIEW)</b>						
17 Rapid Mastery 20:00-21:00	18	19 RD CLASS 18:30 – 19:30	20 Focus Sparring 20:00-21:00	21	22 Fight Simulation 14:30-15:30 (no-gi)	23
<b>Chapter 7 – Standing Techniques (Phase 2: REVIEW)</b>						
24 INDEPENDENCE DAY	25	26 RD CLASS 18:30 – 19:30	27 Focus Sparring 20:00-21:00	28	29 GRACIE GAME DAY 10:00 – 12:00 Fight Simulation 14:30-15:30 (no-gi)	March 1
<b>Chapter 7 – Standing Techniques (Phase 3: SPARRING)</b>						
2 Rapid Mastery 20:00-21:00	3	4 RD CLASS 18:30 – 19:30	5 Focus Sparring 20:00-21:00	6	7 Fight Simulation 14:30-15:30 (no-gi)	8
<b>Chapter 1.1 – Mount Controls (Phase 1: Technique; SUPER HOOKS &amp; HIGH MOUNT)</b>						
9 Rapid Mastery 20:00-21:00	10	11 RD CLASS 18:30 – 19:30	12 Focus Sparring 20:00-21:00	13	14 Fight Simulation 14:30-15:30 (no-gi)	15
<b>Chapter 1.2 – Mount Escapes (Phase 1: Technique; SURPRISE ROLLS &amp; SURPRISE ELBOWS)</b>						
16 Rapid Mastery 20:00-21:00	17	18 RD CLASS 18:30 – 19:30	19 Focus Sparring 20:00-21:00	20	21 Fight Simulation 14:30-15:30 (no-gi)	22
<b>Chapter 1.3 – Mount Submission Counters (Phase 1: Technique; AMERICANA &amp; STRAIGHT ARMLOCK)</b>						
23 Rapid Mastery 20:00-21:00	24	25 RD CLASS 18:30 – 19:30	26 Focus Sparring 20:00-21:00	27	28 Fight Simulation 14:30-15:30 (no-gi)	29
<b>Chapter 1.3 – Mount Submission Counters (Phase 1: Technique; TWISTING ARM CONTROL)</b>						