



MASTER CYCLE®

February – March 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
February 1 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	2	3 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	4 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	5	6	7
Chapter 3.6 – Sports Guards (Phase 1: Technique; BUTTERFLY GUARD)						
8 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	9	10 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	11 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	12	13	14
Chapter 3.6 – Sports Guards (Phase 1: Technique; SPIDER GUARD)						
15 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	16	17 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	18 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	19	20	21
Chapter 3 – Guard (Phase 2: REVIEW)						
22 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	23	24 INDEPENDENCE DAY	25 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	26	27	28
Chapter 3 – Guard (Phase 2: REVIEW)						
March 1 Rapid Mastery 20:00-21:00	2	3 Focus Sparring 18:30-19:30 RD 20:00-21:00	4 Fight Simulation 19:45-20:45(no-gi)	5	6	7
Chapter 3 – Guard (Phase 3: SPARRING)						
8 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	9	10 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	11 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	12	13	14
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique; GUARD RECOVERY)						
15 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	16	17 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	18 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	19	20	21
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique; TAKE THE BACK)						
22 Rapid Mastery 20:00-21:00 + RD MC 15 minutes	23	24 Focus Sparring 18:30-19:30 + RD MC 15 minutes RD 20:00-21:00	25 Fight Simulation 19:45-20:45(no-gi) + RD MC 15 minutes	26	27	28
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique; ELEVATOR SWEEP)						