



MASTER CYCLE®

October – November '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
October 5 Rapid Mastery 20:00-21:15	6	7 Focus Sparring 18:30-19:45 RD 19:30-20:30	8 Fight Simulation 19:45-21:00 (no-gi)	9	10	11
Chapter 3.1 – Guard Controls (Phase 1: Technique; PASS PREVENTION)						
12 Rapid Mastery 20:00-21:15	13	14 Focus Sparring 18:30-19:45 RD 20:00-21:00	15 Fight Simulation 19:45-21:00 (no-gi)	16	17	18
Chapter 3.2 – Guard Passes (Phase 1: Technique; KNEE SPLIT PASS)						
19 Rapid Mastery 20:00-21:15	20	21 Focus Sparring 18:30-19:45 RD 20:00-21:00	22 Fight Simulation 19:45-21:00 (no-gi)	23	24	25
Chapter 3.2 – Guard Passes (Phase 1: Technique; STANDING PASS)						
26 Rapid Mastery 20:00-21:15	27	28 Focus Sparring 18:30-19:45 RD 20:00-21:00	29 Fight Simulation 19:45-21:00 (no-gi)	30	31	November 1
Chapter 3.3 – Guard Submission Counters (Phase 1: Technique; TRIANGLE CHOKE)						
2 Rapid Mastery 20:30-21:30	3	4 Focus Sparring 18:30-19:45 RD 20:00-21:00	5 Fight Simulation 19:45-21:00 (no-gi)	6	7	8
Chapter 3.3 – Guard Submission Counters (Phase 1: Technique; STRAIGHT ARMLOCK)						
9 Rapid Mastery 20:00-21:15	10	11 Focus Sparring 18:30-19:45 RD 20:00-21:00	12 Fight Simulation 19:45-21:00 (no-gi)	13	14	15
Chapter 3.3 – Guard Submission Counters (Phase 1: Technique; KIMURA)						
16 Rapid Mastery 20:00-21:15	17	18 Focus Sparring 18:30-19:45 RD 20:00-21:00	19 Fight Simulation 19:45-21:00 (no-gi)	20	21	22
Chapter 3.4 – Guard Submissions (Phase 1: Technique; WRIST CONTROL SEQUENCE)						
23 Rapid Mastery 20:00-21:15	24	25 Focus Sparring 18:30-19:45 RD 20:00-21:00	26 Fight Simulation 19:45-21:00 (no-gi)	27	28	29
Chapter 3.4 – Guard Submissions (Phase 1: Technique; TRIPLE THREAT)						