



MASTER CYCLE®

October – November 2019

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 [16-18 oz. Gracie blue boxing gloves](#) and [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 14 Rapid Mastery 20:00-21:00	15	16	17 Focus Sparring 20:00-21:00	18 Fight Simulation 20:00-21:00 (no-gi)	19	20
Chapter 5 – Back Mount (Phase 2: REVIEW)						
21 Rapid Mastery 20:00-21:00	22	23	24 Focus Sparring 20:00-21:00	25 Fight Simulation 20:00-21:00 (no-gi)	26	27
Chapter 5 – Back Mount (Phase 2: REVIEW)						
28 Rapid Mastery 20:00-21:00	29	30	31 Focus Sparring 20:00-21:00	November 1 Fight Simulation 20:00-21:00 (no-gi)	2	3
Chapter 5 – Back Mount (Phase 3: SPARRING)						
4 Rapid Mastery 20:00-21:00	5	6	7 Focus Sparring 20:00-21:00	8 Fight Simulation 20:00-21:00 (no-gi)	9	10
Chapter 6.1 – Leg Locks (Phase 1: Technique; STRAIGHT FOOT LOCKS; Open Guard Set-up/Primary Counter)						
11 Rapid Mastery 20:00-21:00	12	13	14 Focus Sparring 20:00-21:00	15 Fight Simulation 20:00-21:00 (no-gi)	16	17
Chapter 6.2 – Leg Locks (Phase 1: Technique; TOE HOLD FOOT LOCKS; Standard Toe Hold/Primary Counter)						
18 Rapid Mastery 20:00-21:00	19	20	21 Focus Sparring 20:00-21:00	22 Fight Simulation 20:00-21:00 (no-gi)	23	24
Chapter 6.3 – Leg Locks (Phase 1: Technique; KNEE LOCKS; Reverse Drop/Primary Counter)						
25 Rapid Mastery 20:00-21:00	26	27	28 Focus Sparring 20:00-21:00	29 Fight Simulation 20:00-21:00 (no-gi)	30	December 1
Chapter 6.4 – Leg Locks (Phase 1: Technique; HEEL HOOKS; Standard Heel Hook/Primary Counter)						
2 Rapid Mastery 20:00-21:00	3	4	5 Focus Sparring 20:00-21:00	6 Fight Simulation 20:00-21:00 (no-gi)	7	8
Chapter 6 – Leg Locks (Phase 2: REVIEW)						