



MASTER CYCLE®

September – October 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
September 20 Rapid Mastery 19:45-20:45	21	22 Focus Sparring 18:45-19:45 RD 20:00-21:00	23 Fight Simulation 19:45-20:45 (no-gi)	24 Flow Sparring Side Mount L-15 12:00-13:00	25	26
Chapter 5 – Back Mount (Phase 2: REVIEW)						
27 Rapid Mastery 19:45-20:45	28	29 Focus Sparring 18:45-19:45 RD 20:00-21:00	30 Fight Simulation 19:45-20:45 (no-gi)	October 1 Flow Sparring Side Mount L-16 12:00-13:00	2	3
Chapter 5 – Back Mount (Phase 3: SPARRING)						
4 Rapid Mastery 19:45-20:45	5	6 Focus Sparring 18:45-19:45 RD 20:00-21:00	7 Fight Simulation 19:45-20:45 (no-gi)	8 Flow Sparring Guard L-17 12:00-13:00	9	10
Chapter 6.1 – Straight Foot Locks (Phase 1: Technique; OPEN GUARD SET-UP - 42)						
11 Rapid Mastery 19:45-20:45	12	13 Focus Sparring 18:45-19:45 RD 20:00-21:00	14 Fight Simulation 19:45-20:45 (no-gi)	15 Flow Sparring Guard L-18 12:00-13:00	16	17
Chapter 6.1 – Straight Foot Locks (Phase 1: Technique; PRIMARY COUNTER - 43)						
18 Rapid Mastery 19:45-20:45	19	20 Focus Sparring 18:45-19:45 RD 20:00-21:00	21 Fight Simulation 19:45-20:45 (no-gi)	22 Flow Sparring Guard L-19 12:00-13:00	23	24
Chapter 6.2 – Toe Hold Foot Locks (Phase 1: Technique; STANDARD TOE HOLD - 44)						
25 Rapid Mastery 19:45-20:45	26	27 Focus Sparring 18:45-19:45 RD 20:00-21:00	28 Fight Simulation 19:45-20:45 (no-gi)	29 Flow Sparring Guard L-20 12:00-13:00	30	31
Chapter 6.2 – Toe Hold Foot Locks (Phase 1: Technique; PRIMARY COUNTER - 45)						
November 1 Rapid Mastery 19:45-20:45	2	3 Focus Sparring 18:45-19:45 RD 20:00-21:00	4 Fight Simulation 19:45-20:45 (no-gi)	5 Flow Sparring Guard L-21 12:00-13:00	6	7
Chapter 6.3 – Knee Locks (Phase 1: Technique; REVERSE DROP - 46)						
8 Rapid Mastery 19:45-20:45	9	10 Focus Sparring 18:45-19:45 RD 20:00-21:00	11 Fight Simulation 19:45-20:45 (no-gi)	12 Flow Sparring Guard L-22 12:00-13:00	13	14
Chapter 6.3 – Knee Locks (Phase 1: PRIMARY COUNTER - 47)						