



MASTER CYCLE®

March 2024



- **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 t-shirt. Students are allowed to wear a gi. All students must wear their belts to no-gi classes. Tank tops, rash guards, 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. blue boxing 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
				1	2 Mount Review
4 Mount Review	5 Mount Review	6 Mount Review	7 Mount Review	8	9 Mount Review
Chapter 1: Mount Review					
11 Mount Review	12 Mount Review	13 Mount Review	14 Mount Review	15	16 BBS1 Lesson 12: Bump and Shoot No-Gi, Fight Sim
Chapter 1: Mount Review					
18 BBS1 Lesson 13: High- low Guard Fight Sim, Gi	19 Fundamentals (Standing Focus) 8pm	20 BBS2 Lesson 11: Headlock Escapes 3 & 4, No-Gi	21 BBS2 Lesson 12: Turtle Get-up, Gi	22	23 BBS3 Lesson 11: Back Door Escape No-Gi
Chapter 2: Side Mount Escapes					
25 BBS3 Lesson 12: Knee on Stomach Escapes, Gi	26 Fundamentals (Back Mount Focus) 8pm	27 BBS1 - Lesson 10: Control Flow, Fight Sim, No-Gi	28 BBS1 - Lesson 11: Knee on Stomach, Gi	29	30 BBS2 - Lesson 9: Shrimp Escape Prevention, No-Gi
Chapter 2: Side Mount Escapes & Controls					

*Class Schedule Subject to Change.