



MASTER CYCLE®

May – June 2026

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 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 Focus Sparring 7:00pm-8:00pm	2 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.3 – Lesson 15 Side Mount Submissions Elbow Cup Armbar (Phase 1: Technique)					
4 Rapid Mastery 1130am-1230pm	5	6	7	8 Focus Sparring 7:00pm-8:00pm	9 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.4 – Lesson 16 Side Mount Submission Counters Safe Hands (Phase 1: Technique)					
11 Rapid Mastery 1130am-1230pm	12	13	14	15 Focus Sparring 7:00pm-8:00pm	16 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2 – Side Mount (Phase 2: Review)					
18 Rapid Mastery 1130am-1230pm	19	20	21	22 Focus Sparring 7:00pm-8:00pm	23 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2 – Side Mount (Phase 2: Review)					
25 Rapid Mastery 1130am-1230pm	26		28	29 Focus Sparring 7:00pm-8:00pm	30 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2. – Side Mount (Phase 3: Sparring)					
June 1 Rapid Mastery 1130am-1230pm	2	3	4	5 Focus Sparring 7:00pm-8:00pm	6 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.1 – Lesson 17 Guard Controls-Posture Prevention (Phase 1: Technique)					
8 Rapid Mastery 1130am-1230pm	9	10	11	12 Focus Sparring 7:00pm-8:00pm	13 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.1 – Lesson 18 Guard Controls Pass Prevention (Phase 1: Technique)					
15 Rapid Mastery 1130am-1230pm	16	17	18	19 Focus Sparring 7:00pm-8:00pm	20 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.2 – Lesson 19 Side Guard Passes Knee Split Pass (Phase 1: Technique)					

*Class Schedule Subject to Change.