



MASTER CYCLE®

September – Oct. 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	2	3	4 Fight Simulation 2:00-3:00pm (no-gi)	5 Focus Sparring 7:00pm-8:00pm
Chapter 3.5 – Lesson 26 Guard Scissor Sweep (Phase 1: Technique)					
7 Focus Sparring 1130am-1230pm	8	9	10	11 Rapid Mastery 7:00pm-8:00pm	12 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.6 – Lesson 27 Guard Cross Sweep (Phase 1: Technique)					
14 Fight Simulation 1130am-1230pm (No-Gi)	15	16	17	18 Focus Sparring 7:00pm-8:00pm	19 Rapid Mastery 2:00-3:00pm (no-gi)
Chapter 3.6 – Lesson 28 Sport Guard Butterfly Guard (Phase 1: Technique)					
21 Rapid Mastery 1130am-1230pm	22	23	24	25 Fight Simulation 7:00pm-8:00pm (no-gi)	26 Focus Sparring 2:00-3:00pm
Chapter 3.7 – Lesson 29 Sport Guard Spider Guard (Phase 1: Technique)					
28 Fight Simulation 1130am-1230pm	29	30	October 1	2 Rapid Mastery 7:00pm-8:00pm	3 Focus Sparring 2:00-3:00pm (no-gi)
Chapter 3 – Guard (Phase 2: Review)					
5 Focus Sparring 1130am-1230pm	6	7	8	9 Rapid Mastery 7:00pm-8:00pm	10 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3 – Guard (Phase 2: Review)					
12 Rapid Mastery 1130am-1230pm	13	14	15	16 Fight Simulation 7:00pm-8:00pm	17 Focus Sparring 2:00-3:00pm (no-gi)
Chapter 3– Guard (Phase 3: Fight Simulation)					
19 Fight Simulation 1130am-1230pm	20	21	22	23 Focus Sparring 7:00pm-8:00pm	24 Rapid Mastery 2:00-3:00pm (no-gi)
Chapter 4.1 – Lesson 30 Half Guard – Guard Recovery (Phase 1: Technique)					

*Class Schedule Subject to Change.