

IFS CALENDAR FOR FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 30 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Combat Intensity</i> 8:00-9:00PM SYSTEMA <i>Overcoming Inhibition</i>	JAN 31 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Combat Psychology</i> 8:00-9:00PM MKJ <i>Predator-Prey Switch</i>	FEB 1 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Use of Force</i> 8:00-9:00PM SYSTEMA <i>Restraint Tactics</i>	FEB 2 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Health and Healing</i> 8:00-9:00PM MKJ <i>Chi Kung and Meditation</i>	FEB 3 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Pressure Testing</i>	FEB 4 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "STREET DEFENSE"
FEB 6 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Elbows</i> 8:00-9:00PM SYSTEMA <i>Soft Work 1</i>	FEB 7 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Soft Work 2</i> 8:00-9:00PM MKJ <i>Knees</i>	FEB 8 6:30-7:00PM COMBAT CONDITIONING 7:00PM Kicking 8:00-9:00PM SYSTEMA <i>Ground Flow 1</i>	FEB 9 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Ground Flow 2</i> 8:00-9:00PM MKJ <i>Striking</i>	FEB 10 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Breathwork</i>	FEB 11 WARRIOR YOGA SEMINAR 10:00AM-NOON Open to all students
FEB 13 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>The Straight Blast 1</i> 8:00-9:00PM SYSTEMA <i>Striking Fundamentals</i>	FEB 14 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Striking Flow</i> 8:00-9:00PM MKJ <i>The Straight Blast 2</i>	FEB 15 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Funnelling</i> 8:00-9:00PM SYSTEMA <i>Dissolving Range</i>	FEB 16 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Dissolving Range 2</i> 8:00-9:00PM MKJ <i>Caging</i>	FEB 17 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Efficiency</i>	FEB 18 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "BOOTCAMP"
FEB 20 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Leg Locks 1</i> 8:00-9:00PM SYSTEMA <i>Offensive Knife</i>	FEB 21 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Knife Defense</i> 8:00-9:00PM MKJ <i>Leg Locks 2</i>	FEB 22 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Leg Locks 3</i> 8:00-9:00PM SYSTEMA <i>Clinching</i>	FEB 23 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Dirty Boxing</i> 8:00-9:00PM MKJ <i>Leg Control</i>	FEB 24 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Escapes From Holds</i>	FEB 25 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "GROUND-N-POUND"
FEB 27 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Throws and Takedowns 1</i> 8:00-9:00PM SYSTEMA <i>Recovering From The Ground 1</i>	FEB 28 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Recovering From the Ground 2</i> 8:00-9:00PM MKJ <i>Throws & Takedowns2</i>	FEB 29 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Takedowns 3</i> 8:00-9:00PM SYSTEMA <i>The OODA Loop 1</i>	MAR 1 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>OODA 2</i> 8:00-9:00PM MKJ <i>Takedowns 4</i>	MAR 2 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Street Simulations</i>	MAR 3 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "ARM LOCKS"

"The offer of certainty, the offer of complete security, the offer of an impermeable faith that can't give way, is an offer of something not worth having. I want to live my life all the time like I don't know anything like enough yet, that I haven't understood enough, that I can't know enough, always hungrily operating on the margins of a potential great harvest of future knowledge and wisdom."

—Christopher Hitchens—