

IFS CALENDAR FOR JANUARY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUND FIGHTING WEEK	JAN 2 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>The Street Guard 1</i> 8:00-9:00PM SYSTEMA <i>Ground Flow 1</i>	JAN 3 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Ground Flow 2</i> 8:00-9:00PM MKJ <i>Street Guard 2</i>	JAN 4 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Maximizing the Mount</i> 8:00-9:00PM SYSTEMA <i>Ground Engagement</i>	JAN 5 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Ground Recovery</i> 8:00-9:00PM MKJ <i>Mount Defense</i>	JAN 6 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Ground Destruction</i>	JAN 7 10:00AM-2PM 4-HOUR SEMINAR "FUNDAMENTALS OF COMBAT AWARENESS"
	JAN 9 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Russian 2-on-1</i> 8:00-9:00PM SYSTEMA <i>Head Control</i>	JAN 10 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Arm Control</i> 8:00-9:00PM MKJ <i>2-on-1 Transitions</i>	JAN 11 6:30-7:00PM COMBAT CONDITIONING 7:00PM 2-on-1 Takedowns 8:00-9:00PM SYSTEMA <i>Torso Control</i>	JAN 12 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Leg Control</i> 8:00-9:00PM MKJ <i>2-on-1 Counters</i>	JAN 13 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Pressure Testing the Combat Clinch</i>	JAN 14 MKJ BELT EXAM 9:00AM-2PM WHITE BELT-YELLOW BELT Open to all students 2:00PM-5PM ORANGE BELT AND UP CONTINUES (Intermediate Students)
WEAPON WEEK	JAN 16 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Stick Defense</i> 8:00-9:00PM SYSTEMA <i>Stick Defense</i>	JAN 17 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Knife Defense 1</i> 8:00-9:00PM MKJ <i>Knife Defense 1</i>	JAN 18 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Knife Defense 2</i> 8:00-9:00PM SYSTEMA <i>Knife Defense 2</i>	JAN 19 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Offensive Gun</i> 8:00-9:00PM MKJ <i>Gun Defense</i>	JAN 20 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Offensive Knife</i>	JAN 21 10:00AM-1PM SATURDAY SEMINAR OPEN TO ALL STYLES "LEG LOCKS"
	JAN 23 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>The Jab</i> 8:00-9:00PM SYSTEMA <i>Whipping Strike</i>	JAN 24 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Power Generation</i> 8:00-9:00PM MKJ <i>The Cut Kick</i>	JAN 25 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>The Thai Kick</i> 8:00-9:00PM SYSTEMA <i>Absorbing Strikes</i>	JAN 26 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA <i>Recovering From Strikes</i> 8:00-9:00PM MKJ <i>The Side Kick</i>	JAN 27 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ <i>Sparring</i> 8:00-9:00PM SYSTEMA <i>Multiple Attackers</i>	JAN 28 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "SURVIVING ARMED GROUND ATTACKS"
COMBAT PSYCH WEEK	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"

"That which can be asserted without evidence, can be dismissed without evidence."

—Christopher Hitchens—