

IFS CALENDAR FOR OCTOBER 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| | | | | | 1 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "GUN DEFENSE" |
| 3 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Wrestler's Headlock 1 8:00-9:00PM SYSTEMA Infiltrating Stance 1 | 4 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Infiltrating Stance 2 8:00-9:00PM MKJ Wrestler's Headlock 2 | 5 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ The Guillotine 1 8:00-9:00PM SYSTEMA Offensive Gun | 6 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Firearm Retention 8:00-9:00PM MKJ Guillotine 2 | 7 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Sparring 8:00-9:00PM SYSTEMA HOME SAFETY | 8 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "SURVIVING THE SUCKER PUNCH" |
| 10 CLOSED FOR THANKSGIVING | 11 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Kick Defense 8:00-9:00PM MKJ Straight Blast | 12 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Funnelling 8:00-9:00PM SYSTEMA Engaging The Ground | 13 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Ground Flow 8:00-9:00PM MKJ Caging | 14 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Sparring 8:00-9:00PM SYSTEMA Guard Counters/Passes | 15 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "SURVIVING ACTIVE SHOOTERS" |
| 17 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Stop-Hitting 1 8:00-9:00PM SYSTEMA Offensive Knife | 18 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Improvised Weapons 1 8:00-9:00PM MKJ Stop Hitting 2 | 19 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ The Round Kick 1 8:00-9:00PM SYSTEMA Improvised Weapons 2 | 20 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Rapid Fire Knife Defense 8:00-9:00PM MKJ The Round Kick 2 | 21 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Sparring 8:00-9:00PM SYSTEMA Knife Defense 2 | 22 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "TOTAL FITNESS" |
| 24 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Stick Defense 1 8:00-9:00PM SYSTEMA Strike Defense | 25 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Counter-Striking 8:00-9:00PM MKJ Stick Defense 2 | 26 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Footwork 1 8:00-9:00PM SYSTEMA Clinching | 27 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Countering Standing Headlocks 8:00-9:00PM MKJ Footwork 2 | 28 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Sparring 8:00-9:00PM SYSTEMA Countering the Ground Headlock | 29 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "FIGHTING FROM YOUR BACK" |
| 31 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Discarding 8:00-9:00PM SYSTEMA Breathwork | 1 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Ground Fighting 1 8:00-9:00PM MKJ Ground Surfing | 2 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Finishing 8:00-9:00PM SYSTEMA Ground Fighting 2 | 3 6:30-7:00PM COMBAT CONDITIONING 7:00-8:00PM SYSTEMA Ground Fighting 3 8:00-9:00PM MKJ Chi Kung | 4 6:30-7:00PM COMBAT CONDITIONING 7:00PM-8:00PM MKJ Sparring 8:00-9:00PM SYSTEMA Takedown Defense | 5 10:00AM-NOON SATURDAY SEMINAR OPEN TO ALL STYLES "CHOKE DEFENSE" |

"A mind all logic is like a knife all blade—it makes the hand bleed that uses it."

—Rabindranath Tagore—