

Calendar for December 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>WOMEN'S SELF DEFENSE 6:00-7:00PM <i>"Improvisational Weapons"</i></p> <p>SYSTEMA 7:15-8:45pm <i>"STRIKING"</i></p>	<p>2</p> <p>DEFENSIVE TACT.'S 6:15-7:15PM <i>PR-24</i></p> <p>MKJ TRADITIONAL <i>"8-POINT KNIFE SET SESSSION 1"</i> 7:15-8:45pm</p>	<p>3</p> <p>MKJ SPORT 6:15-7:15pm <i>Takedowns</i></p> <p>SYSTEMA 7:15-8:45pm <i>"DISTANCE"</i></p>	<p>4</p> <p>Core Fit 5:30-6:15pm <i>Core Circuit / Stress Release</i></p> <p>Core Fit 2 630-7:15pm</p>	<p>5</p> <p>MKJ SPORT 6:15-7:15pm <i>"Kicking"</i></p> <p>SYSTEMA 7:15-8:45pm <i>KNIFE DEFENSE</i></p>	<p>6</p> <p>MKJ Traditional 9:00-10:15am <i>"Open Clinic"</i></p> <p>SYSTEMA 10:15-11:30am <i>GROUND FLOW</i></p> <p>MKJ SPORT 11:30-12:30 <i>"Ground Domination"</i></p>
<p>7</p> <p>CORE FIT 1:00-2:30pm <i>"Upper Body Strength"</i></p> <p>MKJ TRADITIONAL Ankle Locking Set 6:00-7:30pm</p>	<p>8</p> <p>WOMEN'S SELF DEFENSE 6:00-7:00PM <i>"Vital Points"</i></p> <p>SYSTEMA 7:15-8:45pm <i>"TIMING"</i></p>	<p>9</p> <p>DEFENSIVE TACT.'S 6:15-7:15PM <i>PR-24</i></p> <p>MKJ TRADITIONAL <i>"8-POINT KNIFE SET SESSSION 2"</i> 7:15-8:45pm</p>	<p>10</p> <p>MKJ SPORT 6:15-7:15pm <i>Elbows"</i></p> <p>SYSTEMA 7:15-8:45pm <i>ESCAPE FROM HOLDS</i></p>	<p>11</p> <p>CORE FIT CANCELLED</p>	<p>12</p> <p>MKJ SPORT 6:15-7:15pm <i>"Knees"</i></p> <p>SYSTEMA 7:15-8:45pm <i>VITAL POINTS</i></p>	<p>13</p> <p>MKJ Traditional 9:00-10:15am <i>"Open Clinic"</i></p> <p>SYSTEMA 10:15-11:30am <i>BREATH WORK</i></p> <p>MKJ SPORT 11:30-12:30 <i>"Clinching / Dirty Boxing"</i></p>
<p>14</p> <p>CORE FIT 1:00-2:30pm <i>"Lower Body Strength"</i></p> <p>MKJ TRADITIONAL Body Hardening 6:00-7:30pm</p>	<p>15</p> <p>WOMEN'S SELF DEFENSE 6:00-7:00PM <i>Confined Spaces</i></p> <p>SYSTEMA 7:15-8:45pm <i>"RHYTHM"</i></p>	<p>16</p> <p>DEFENSIVE TACT.'S 6:15-7:15PM <i>PR-24</i></p> <p>MKJ TRADITIONAL <i>"8-POINT KNIFE SET SESSSION 3"</i> 7:15-8:45pm</p>	<p>17</p> <p>MKJ SPORT 6:15-7:15pm <i>"Clinching"</i></p> <p>SYSTEMA 7:15-8:45pm <i>GROUND FIGHTING</i></p>	<p>18</p> <p>Core Fit 5:30-6:15pm <i>Core Stretch ./ Hardcore</i></p> <p>Core Fit 2 6:30-7:15pm</p>	<p>19</p> <p>MKJ SPORT 6:15-7:15pm <i>"Dirty Boxing"</i></p> <p>SYSTEMA 7:15-8:45pm <i>RESTRAINT AND CONTROL TACTICS</i></p>	<p>20</p> <p>MKJ Traditional 9:00-10:15am <i>"Open Clinic"</i></p> <p>SYSTEMA 10:15-11:30am <i>GUN DEFENSE</i></p> <p>MKJ SPORT 11:30-12:30 <i>"Reversing Mounts and Pins"</i></p>

21	22	23	24	25	26	27
CORE FIT 1:00-2:30pm <i>"Full Body Strength"</i>	WOMEN'S SELF DEFENSE 6:00-7:00PM <i>"Combat Psychology"</i>	DEFENSIVE TACT.'S 6:15-7:15PM <i>PR-24</i>	CLOSED FOR THE HOLIDAYS			MKJ Traditional 9:00-10:15am <i>"Open Clinic"</i>
MKJ TRADITIONAL Sentry Elimination 6:00-7:30pm	SYSTEMA 7:15-8:45pm <i>"Ground Fighting"</i>	MKJ TRADITIONAL 7:15-8:45pm <i>"10-Point Breath Set"</i>	CLOSED FOR THE HOLIDAYS			SYSTEMA 10:15-11:30am <i>OFFENSIVE STICK</i>
			CLOSED FOR THE HOLIDAYS			MKJ SPORT 11:30-12:30 <i>"Combat Conditioning"</i>
5	29	30	31	JAN 1 st	JAN. 2 nd	JAN 3 rd
CORE FIT 1:00-2:30pm ??	WOMEN'S SELF DEFENSE 6:00-7:00PM <i>"Ground Fighting"</i>	DEFENSIVE TACT.'S 6:15-7:15PM <i>PR-24</i>	CLOSED FOR THE HOLIDAYS			MKJ Traditional 9:00-10:15am <i>"Open Clinic"</i>
MKJ TRADITIONAL Figure 8 Motion 6:00-7:30pm	SYSTEMA 7:15-8:45pm <i>"POWER GENERATION"</i>	MKJ TRADITIONAL 7:15-8:45pm <i>"Ground Fighting"</i>	CLOSED FOR THE HOLIDAYS			SYSTEMA 10:15-11:30am <i>"Knife Defense"</i>
			CLOSED FOR THE HOLIDAYS			MKJ SPORT 11:30-12:30 <i>"Striking Combinations"</i>