

IFS Calendar for September 2010

PLEASE NOTE: SYSTEMA IS TEMPORARILY CANCELLED ON THURSDAYS*

SUN	MON	TUE	WED	THU	FRI	SAT
			1 MKJ SPORT 6:30-7:15pm TAKEDOWNS 2 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm PUNCH DEFENSE 1 SPARRING 8:45-9:00pm	2 MKJ TRADITIONAL 7:30-8:00pm STANDING ARM LOCKS	3 MKJ TRADITIONAL 10:00AM-11:00AM OFFENSIVE STICK MKJ SPORT 6:30-7:15pm TAKEDOWNS 1 SYSTEMA 7:30-8:45pm PUNCH DEFENSE 2 SPARRING 8:45-9:00pm	4 OPEN SEMINAR FOR ALL STUDENTS 10:00AM-1:30PM WIGGLY IN THE WOODS MOUNT ROYAL
	6 MKJ SPORT 6:30-7:15pm STRIKING 1 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm GROUND FIGHTING 1 SPARRING 8:45-9:00pm	7 SYSTEMA 10:00AM-11:00AM BREATH WORK DEFENSIVE TACTICS 6:15-7:30pm GROUND FIGHTING 4 MKJ TRADITIONAL 7:30-8:00pm KNIFE DEFENSE 1	8 MKJ SPORT 6:30-7:15pm STRIKING 2 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm GROUND FIGHTING 2	9 MKJ TRADITIONAL 7:30-8:00pm KNIFE DEFENSE 2	10 MKJ TRADITIONAL 10:00AM-11:00AM OFFENSIVE STICK 2 MKJ SPORT 6:30-7:15pm ESCAPE FROM HOLDS 1 SYSTEMA 7:30-8:45pm DOUBLE PLUM 1	11 MKJ TRADITIONAL 9:00-10:00am "Open Tutorial" SYSTEMA 10:15am-11:30 pm ESCAPE FROM HOLDS 2 MKJ SPORT 11:30am-12:30pm DOUBLE PLUM 2
NO CLASS	13 MKJ SPORT 6:30-7:15pm GUARD PASSES 1 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm KICKING 1 SPARRING 8:45-9:00pm	14 SYSTEMA 10:00AM-11:00AM HEALTH WORK DEFENSIVE TACTICS 6:15-7:30PM GROUND FIGHTING 5 MKJ TRADITIONAL 7:30pm-9:00pm KICKING	15 MKJ SPORT 6:30-7:15pm GUARD PASSES 2 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm KICKING 2 SPARRING 8:45-9:00pm	16 MKJ TRADITIONAL 7:30-8:00pm STRAIGHT BLAST	17 MKJ TRADITIONAL 10:00AM-11:00AM TRADITIONAL WORK MKJ SPORT 6:30-7:15pm GUARD PASSES 3 SYSTEMA 7:30-8:45pm STRIKING SPARRING 8:45-9:00pm	18 MKJ TRADITIONAL 9:00-10:00am "Open Tutorial" SYSTEMA 10:15am-11:30 pm GROUND FLOW MKJ SPORT 11:30am-12:30pm CIRCUIT
	20 MKJ SPORT 6:30-7:15pm CHOKE 1 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm SOFT WORK SPARRING 8:45-9:00pm	21 SYSTEMA 10:00AM-11:00AM KNIFE DEFENSE DEFENSIVE TACTICS 6:15-7:30PM GROUND FIGHTING 6 MKJ TRADITIONAL 7:30pm-9:00pm ARM LOCKS 1	22 MKJ SPORT 6:30-7:15pm CHOKES 2 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm COMBAT PSYCHOLOGY	23 MKJ TRADITIONAL 7:30-8:00pm ARM LOCKS 2	24 MKJ TRADITIONAL 10:00AM-11:00AM KNIFE DEFENSE MKJ SPORT 6:30-7:15pm CHOKES 3 SYSTEMA 7:30-8:45pm PRESSURE TESTING	25 OPEN SEMINAR FOR ALL STUDENTS 10:00AM-1:30PM MULTIPLE ATTACKERS AT THE SCHOOL
	27 MKJ SPORT 6:30-7:15pm GROUND W POUND 1 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm IMPROVISED WEAPONS SPARRING 8:45-9:00pm	28 SYSTEMA 10:00AM-11:00AM MOUNT DEFENSE DEFENSIVE TACTICS 6:15-7:30PM GROUND FIGHTING 7 MKJ TRADITIONAL 7:30pm-9:00pm SHARK BAIT 1	29 MKJ SPORT 6:30-7:15pm GROUND W POUND 2 SPARRING 7:15-7:30pm SYSTEMA 7:30-8:45pm CHOKING	30 MKJ TRADITIONAL 7:30-8:00pm SHARK BAIT 2		

"Only the educated are free"

— Epictetus —