

# IFS Calendar for March 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MKJ SPORT 6:30-7:15pm <i>STRIKING 1</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>GUN DEFENSE</i>  SPARRING 8:45-9:00pm	2 MKJ SPORT 6:30-7:15pm <i>STRIKING 2</i>  DEFENSIVE TACTICS 6:15-7:30PM <i>EXTENDABLE BATON 1</i>  MKJ TRADITIONAL 7:30pm-9:00pm <i>CAGING</i>	3 SYSTEMA 2:00-3:00pm <i>BREAKING STRUCTURE</i>  MKJ SPORT 6:30-7:15pm <i>INTEGRATING STRIKING WITH TAKEDOWNS 1</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>KNIFE DEFENSE</i>  SPARRING 8:45-9:00pm	4 SYSTEMA 6:15-7:30pm <i>GROUND FLOW</i>  MKJ TRADITIONAL 7:30-9:00pm <i>SWEEPS</i>	5 MKJ SPORT 6:30-7:15pm <i>INTEGRATING STRIKING WITH TAKEDOWNS 2</i>  SYSTEMA 7:30-8:45pm <i>PSYCHOLOGICAL RESERVES</i>  SPARRING 8:45-9:00pm	6 MKJ TRADITIONAL 9:00-10:00am <i>"Open Tutorial"</i> SYSTEMA 10:15am-11:30 pm <i>STICK DEFENSE</i>  MMA SPORT 11:30-12:30 pm <i>COMBAT CONDITIONING</i>
7  MKJ 18:00-19:30 <i>TAKEDOWN DEFENSE</i>	8 MKJ SPORT 6:30-7:15pm <i>ELBOWS AND KNEES</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>PRINCIPLES OF BODY GUARD WORK</i>  SPARRING 8:45-9:00pm	9 MKJ SPORT 1:00-2:00pm <i>ELBOWS AND KNEES 2</i>  DEFENSIVE TACTICS 6:15-7:30pm <i>EXTENDABLE BATON 2</i>  MKJ TRADITIONAL 7:30-9:00pm <i>FUNNELING</i>	10 SYSTEMA 2:00-3:00pm <i>LEG WORK</i>  MKJ SPORT 6:30-7:15pm <i>GROUND KICKING</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>ESCAPE FROM HOLDS</i>  SPARRING 8:45-9:00pm	11 SYSTEMA 6:15-7:30pm <i>KICKING</i>  MKJ TRADITIONAL 7:30-9:00pm <i>BEATING A BOXER</i>	12 MKJ SPORT 6:30-7:15pm <i>TAKEDOWNS</i>  SYSTEMA 7:30-8:45pm <i>STRIKING</i>  SPARRING 8:45-9:00pm	13 MKJ TRADITIONAL 9:00-10:00am <i>"Open Tutorial"</i> SYSTEMA 10:15am-11:30 pm <i>OFFENSIVE KNIFE</i>  MMA SPORT 11:30-12:30 pm <i>GROUND FLOW</i>
14  MKJ 18:00-19:30 <i>GUARD SWEEPS</i>	15 MKJ SPORT 6:30-7:15pm <i>CLIMBING 1</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>CONFINED SPACES</i>  SPARRING 8:45-9:00pm	16 MKJ SPORT 1:00-2:00pm <i>CHICKEN WINGS</i>  DEFENSIVE TACTICS 6:15-7:30pm <i>EXTENDABLE BATON 3</i>  MKJ TRADITIONAL 7:30-9:00pm <i>BLENDING RANGES</i>	17 SYSTEMA 2:00-3:00pm <i>OFFENSIVE KNIFE</i>  MKJ SPORT 6:30-7:15pm <i>CLIMBING 2</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>CONFINED SPACES 2</i>  SPARRING 8:45-9:00pm	18 SYSTEMA 6:15-7:30pm <i>ADHESION</i>  MKJ TRADITIONAL 7:30-9:00pm <i>PRESSURE TESTING</i>	19 MKJ SPORT 6:30-7:15pm <i>LEG LOCKS</i>  SYSTEMA 7:30-8:45pm <i>CHOKE DEFENSE</i>	CLOSED FOR SEMINAR SOLD OUT
21  CLOSED FOR SEMINAR SOLD OUT	22 MKJ SPORT 6:30-7:15pm <i>HEAD AND ARM CHOKES 1</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>KNIFE DEFENSE</i>  SPARRING 8:45-9:00pm	23 MKJ SPORT 6:30-7:15pm <i>KICKING</i>  DEFENSIVE TACTICS 6:15-7:30PM <i>EXTENDABLE BATON 4</i>  MKJ TRADITIONAL 7:30pm-9:00pm <i>KILLER INSTINCT</i>	24 SYSTEMA 2:00-3:00pm <i>ENGAGING THE GROUND</i>  MKJ SPORT 6:30-7:15pm <i>HEAD AND ARM CHOKES 2</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>MULTIPLE ATTACKERS 1</i>  SPARRING 8:45-9:00pm	25 SYSTEMA 6:15-7:30pm <i>DENSITY</i>  MKJ TRADITIONAL 7:30-9:00pm <i>COMBAT CONDITIONING</i>	26 MKJ SPORT 6:30-7:15pm <i>HEAD AND ARM CHOKES 3</i>  SYSTEMA 7:30-8:45pm <i>PRECISION</i>  SPARRING 8:45-9:00pm	27 MKJ TRADITIONAL 9:00-10:00am <i>"Open Tutorial"</i> SYSTEMA 10:15am-11:30 pm <i>RESTRAINT TACTICS</i>  MMA SPORT 11:30-12:30 pm <i>STRIKING FLOW</i>
28  MKJ 18:00-19:30 <i>STRIKING</i>	29 MKJ SPORT 6:30-7:15pm <i>FOOTWORK</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>IMPROVISED WEAPONS</i>  SPARRING 8:45-9:00pm	30 MKJ SPORT 1:00-2:00pm <i>THE JAB</i>  DEFENSIVE TACTICS 6:15-7:30PM <i>EXTENDABLE BATON 5</i>  MKJ TRADITIONAL 7:30pm-9:00pm <i>KYUSHO</i>	31 SYSTEMA 2:00-3:00pm <i>STRIKING</i>  MKJ SPORT 6:30-7:15pm <i>STEEPLING</i>  SPARRING 7:15-7:30pm  SYSTEMA 7:30-8:45pm <i>BEATING THE BOXER</i>			

“Observe the wonders as they occur around you. Don’t claim them.

Feel the artistry moving through and be silent.”

—Jalal ad-Din Rumi—