

NOVEMBER 2019

| OPEN TO ALL MONDAY | OPEN TO ALL TUESDAY | OPEN TO ALL THURSDAY | OPEN TO ALL SATURDAY |
|--|---|--|---|
| November 4 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Triangle Chokes</i> 8:00-9:00 Systema <i>Leg Clinching</i> | November 5 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head Movement</i> 8:00-9:00 MKJ <i>Footwork</i> | November 7 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Sysema <i>Entering</i> 8:00-9:00 MKJ <i>Foot Traps</i> | November 9 9:00am-9:45am Junior MKJ "Countering Leg Locks" 10am-noon \$25 Drop-in OPEN TO ALL |
| November 11 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Kuzushi</i> 8:00-9:00 Renovated Boxing | November 12 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Tsukuri</i> 8:00-9:00 MKJ <i>Strike Defense</i> | November 14 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Sysema <i>Kake</i> 8:00-9:00 MKJ <i>Chokes</i> | November 16 9:00am-9:45am Junior MKJ "Intervention" 10am-noon \$25 Drop-in OPEN TO ALL |
| November 18 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Mount Defense</i> 8:00-9:00 <i>Offensive Stick</i> | November 19 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Offensive Guard</i> 8:00-9:00 MKJ <i>Weapon Disarms</i> | November 21 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Sysema <i>Leg Takedowns</i> 8:00-9:00 MKJ <i>Concussive Hitting</i> | November 23 9:00am-9:45am Junior MKJ "Attacking the Nervous System" 10am-noon \$25 Drop-in OPEN TO ALL |
| November 25 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Kubotan</i> 8:00-9:00 Offensive Knife | November 26 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Arm Locks</i> 8:00-9:00 MKJ <i>Sacrifice Throws</i> | November 28 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Sysema <i>Stop Hitting</i> 8:00-9:00 MKJ <i>Breathwork</i> | November 30 9:00am-9:45am Junior MKJ "Splashing Hands" 10am-noon \$25 Drop-in OPEN TO ALL |

“In the depth of winter, I finally learned that within me there lay an invincible summer.”

-Albert Camus-