

# OCTOBER 2019

OPEN TO ALL MONDAY	OPEN TO ALL TUESDAY	OPEN TO ALL THURSDAY	OPEN TO ALL SATURDAY
September 30 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Strike Conditioning</i> 8:00-9:00 Systema <i>Rolling &amp; Movement</i>	October 1 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head and Arm Control</i> 8:00-9:00 MKJ <i>Triangle Footwork</i>	October 3 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Knife Defense</i> 8:00-9:00 MKJ <i>Cloth Grabs</i>	October 5 9:00am-9:45am Junior MKJ "MKJ Fundamentals" 10am-2pm \$25 Drop-in OPEN TO ALL
October 7 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Face Lock</i> 8:00-9:00 Systema <i>Stance Infiltration</i>	October 8 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Headlock</i> 8:00-9:00 MKJ <i>The Triangle Choke</i>	October 10 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Renovated Boxing</i> 8:00-9:00 MKJ <i>The Mount</i>	October 12 9:00am-9:45am Junior MKJ "SPARRING CLINIC" 10am-2pm \$25 Drop-in OPEN TO ALL
October 14 <b>CLOSED FOR THANKSGIVING</b>	October 15 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Stick Defense</i> 8:00-9:00 MKJ <i>Butterfly Guard</i>	October 17 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Clinch</i> 8:00-9:00 MKJ <i>Knife Defense</i>	October 19 9:00am-9:45am Junior MKJ "Countering Neck Locks" 10am-noon \$25 Drop-in OPEN TO ALL
October 21 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Headbutts, Knees &amp; Elbows</i> 8:00-9:00 Systema <i>Applying Ground Flow</i>	October 22 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head and Arm Control</i> 8:00-9:00 MKJ <i>Throwing</i>	October 24 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Leg Sweeps</i> 8:00-9:00 MKJ <i>Intervention</i>	October 26 9:00am-9:45am Junior MKJ "Offensive Stick" 10am-noon \$25 Drop-in OPEN TO ALL
October 28 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Offensive Knife</i> 8:00-9:00 Systema <i>Chokes</i>	October 29 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Small Joint Control</i> 8:00-9:00 MKJ <i>Takedowns</i>	October 31 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Working With Limitations</i> 8:00-9:00 MKJ <i>Limitations</i>	November 2 9:00am-9:45am Junior MKJ "Ground Flow" 10am-noon \$25 Drop-in OPEN TO ALL

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

-Ernest Hemmingway-