

# MARCH 2020

MONDAY	TUESDAY	THURSDAY	SATURDAY
<p>March 2</p> <p>6:30-7:00pm Conditioning</p> <p>7:00-8:00 MKJ <i>Arm Locks w. Legs</i></p> <p>8:00-9:00 Systemaa Head Control</p>	<p>March 3</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Closing the Distance</i></p> <p>8:00-9:00 MKJ <i>Caging</i></p>	<p>March 5</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Clinching</i></p> <p>8:00-9:00 MKJ <i>Rhythym</i></p>	<p>March 7</p> <p><b>CLOSED FOR HOLIDAYS</b> ALL MEMBERSHIPS WILL BE EXTENDED BY 1 WEEK TO REFLECT THE CLOSURE</p>
<p>March 9</p> <p><b>CLOSED FOR HOLIDAYS</b> ALL MEMBERSHIPS WILL BE EXTENDED BY 1 WEEK TO REFLECT THE CLOSURE</p>	<p>March 10.</p> <p><b>CLOSED FOR HOLIDAYS</b> ALL MEMBERSHIPS WILL BE EXTENDED BY 1 WEEK TO REFLECT THE CLOSURE</p>	<p>March 12</p> <p><b>CLOSED FOR HOLIDAYS</b> ALL MEMBERSHIPS WILL BE EXTENDED BY 1 WEEK TO REFLECT THE CLOSURE</p>	<p>March 14</p> <p>9:00am-9:45am Junior MKJ "Hostage Scenarios" 10am-noon \$25 Drop-in OPEN TO ALL</p>
<p>March 16</p> <p>6:30-7:00pm Conditioning</p> <p>7:00-8:00 MKJ <i>Improvised Weapons</i></p> <p>8:00-9:00 Systemaa Offensive Gun</p>	<p>March 17</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00 PM-9:00 PM <b>ST. PATRICK'S DAY SEMINAR.</b></p>	<p>March 19</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Ground Control</i></p> <p>8:00-9:00 MKJ <i>Standing Arm Locks</i></p>	<p>March 21</p> <p>9:00am-9:45am Junior MKJ "Leg Clinching" 10am-noon \$25 Drop-in OPEN TO ALL</p>
<p>March 23</p> <p>6:30-7:00pm Conditioning</p> <p>7:00-8:00 MKJ <i>Flexible Weapons</i></p> <p>8:00-9:00 Systemaa Knee Bars</p>	<p>March 24</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Mobility</i></p> <p>8:00-9:00 MKJ <i>Head Movement</i></p>	<p>March 26</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Guard Sweeps</i></p> <p>8:00-9:00 MKJ <i>Leg Locks</i></p>	<p>March 28</p> <p>9:00am-9:45am Junior MKJ "Knife Defense" 10am-noon \$25 Drop-in OPEN TO ALL</p>
<p>March 30</p> <p>6:30-7:00pm Conditioning</p> <p>7:00-8:00 MKJ <i>Machete</i></p> <p>8:00-9:00 Systemaa Blending</p>	<p>March 31</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>3 Striking Centers</i></p> <p>8:00-9:00 MKJ <i>Sentry Elimination</i></p>	<p>April 2</p> <p>5:00PM-5:45PM Junior MKJ</p> <p>6:30-7:00 OPEN MATS</p> <p>7:00-8:00pm Systema <i>Triangle Chokes</i></p> <p>8:00-9:00 MKJ <i>Tonfa</i></p>	<p>April 4</p> <p>9:00am-9:45am Junior MKJ "Twisted Lead" 10am-noon \$25 Drop-in OPEN TO ALL</p>

"Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom."

– Bertrand Russell,