

CALENDAR FOR SEPTEMBER 2015

FUNDAMENTALS	ACCELERATED	FUNDAMENTALS	ACCELERATED	FUNDAMENTALS	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>Ground Flow</i> 7:00-8:00 MKJ <i>Countering Standing Arm Locks</i> 8:00-9:00 Systema 3 Timings of Escapes	September 1 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Interception & Jamming</i> 8:00-9:00 MKJ <i>North-South Mount Escapes</i>	September 2 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>"Ground Flow"</i> 7:00-8:00 MKJ <i>Choke Escapes</i> 8:00-9:00 Systema <i>Soft Work</i>	September 3 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Hard Work</i> 8:00-9:00 MKJ <i>Fight Enders</i>	September 4 5:30-6:15PM Women's Self-Defense	September 5 10:00-12:00pm <i>The Force Continuum</i> *Open to all \$25 drop-in
Sept. 7 CLOSED FOR LABOR DAY	September 8 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Interception & Jamming</i> 8:00-9:00 MKJ <i>Neck Cranks and Facelocks</i>	September 9 CLOSED FOR Kevin's seminar in Australia	September 10 CLOSED FOR Kevin's seminar in Australia	September 11 CLOSED FOR Kevin's seminar in Australia	September 12 CLOSED FOR Kevin's seminar in Australia
September 14 CLOSED FOR Kevin's seminar in Australia	September 15 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Ground Recovery</i> 8:00-9:00 MKJ <i>Striking</i>	September 16 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>"Ground Flow"</i> 7:00-8:00 MKJ <i>Mount Escape</i> 8:00-9:00 Systema <i>Dirty Boxing</i>	September 17 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Renovated Boxing</i> 8:00-9:00 MKJ <i>Throws</i>	September 18 5:30-6:15PM Women's Self-Defense	September 19 10:00-12:00pm <i>Leg Lock Set 1</i> *Open to all \$25 drop-in 12:15-2:00pm-purple belts and up only
September 21 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>Ground Flow</i> 7:00-8:00 MKJ <i>Head Locks Escape</i> 8:00-9:00 Systema <i>Knife Defense</i>	September 22 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema 3 Striking Energies 8:00-9:00 MKJ <i>Rhythm</i>	September 23 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>"Ground Flow"</i> 7:00-8:00 MKJ <i>Flexible Weapons</i> 8:00-9:00 Systema <i>Principles of Body Guarding</i>	September 24 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Footwork</i> 8:00-9:00 MKJ <i>Sticky Leg Work</i>	September 25 5:30-6:15PM Women's Self-Defense	September 26 10:00-12:00pm <i>Working With Limitations</i> *Open to all \$25 drop-in
September 28 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>Ground Flow</i> 7:00-8:00 MKJ <i>Kicking</i> 8:00-9:00 Systema <i>Gun Defense</i>	September 29 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Shock Absorption</i> 8:00-9:00 MKJ <i>Arm Lock Set 3</i>	September 30 5:30-6:15PM Women's Self-Def 6:30-7:00pm Conditioning <i>"Ground Flow"</i> 7:00-8:00 MKJ <i>Ground-n-Pound</i> 8:00-9:00 Systema <i>Restraint Tactics</i>	October 1 6:30-7:00 Conditioning <i>"Combat Bootcamp"</i> 7:00-8:00pm Systema <i>Adhesion</i> 8:00-9:00 MKJ <i>Disruption</i>	October 2 5:30-7:30PM Women's Self-Defense SEMINAR HOME SAFETY & PREP	October 3 10:00-12:00pm <i>Surviving the Blade</i> *Open to all \$25 drop-in

"The secret to getting ahead is to get started."

-Mark Twain-