

CALENDRIER – CALENDAR 2018

JANVIER – JANUARY



FUNDAMENTALS	ACCELERATED	FUNDAMENTALS	ACCELERATED	FUNDAMENTALS	ALL LEVELS
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 1 CLOSED FOR NEW YEAR'S	January 2 6:30-7:00 Conditioning 7:00-8:00pm Systema <i>Defense Against Knee Mounts</i> 8:00-9:00 MKJ <i>Arm Bars With Legs</i>	January 3 7:00-8:00 MKJ <i>Cultivating Speed</i> 8:00-9:00 Systema <i>Operant Conditioning</i>	January 4 6:30-7:00 Conditioning <i>OPEN GRAPPLING"</i> 7:00-8:00pm Systema <i>Counter Ambushing</i> 8:00-9:00 MKJ <i>Quick Finishes</i>	January 5	January 6 "Essentials of Self-Defense" 10:00-2:00pm \$40 Drop-in OPEN TO ALL
January 8 5:00-6:00pm Women's Self-Defense 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Kicking Power</i> 8:00-9:00 Systema <i>Cultivating Unpredictability</i>	January 9 6:30-7:00 Conditioning 7:00-8:00pm Systema <i>Improvised Weapons</i> 8:00-9:00 MKJ <i>Working With Hands Tied</i>	January 10 5:30-6:30pm Women's SD 7:00-8:00 MKJ <i>Elbow Spiking</i> 8:00-9:00 Systema <i>The Arm Bar</i>	January 11 6:30-7:00 Conditioning <i>OPEN GRAPPLING"</i> 7:00-8:00pm Systema <i>Takedowns</i> 8:00-9:00 MKJ <i>Splashing Hands</i>	January 12	January 13 "Hojo Jutsu—Japanese Tying and Rope Work" 10:00-1:00pm \$30 Drop-in OPEN TO ALL
January 15 5:00-6:00pm Women's Self-Defense 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Kuzushi</i> 8:00-9:00 Systema <i>Knife Defense</i>	January 16 6:30-7:00 Conditioning 7:00-8:00pm Systema <i>Avoiding Abduction</i> 8:00-9:00 MKJ <i>Tsukuri</i>	January 17 5:30-6:30pm Women's Self-Defense 7:00-8:00 MKJ <i>Surviving the Ground</i> 8:00-9:00 Systema <i>Working with Short Stick</i>	January 18 6:30-7:00 Conditioning <i>OPEN GRAPPLING"</i> 7:00-8:00pm Systema <i>Surviving Ground n Pound</i> 8:00-9:00 MKJ <i>Maximizing Ground n Pound</i>	January 19	January 20 "Close Quarter Fighting" 10:00am-1:00pm \$30 Drop-in OPEN TO ALL
January 22 5:00-6:00pm Women's Self-Defense 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Russian 2 on 1</i> 8:00-9:00 Systema Head and Arm Locks	January 23 6:30-7:00 Conditioning 7:00-8:00pm Systema <i>Blending</i> 8:00-9:00 MKJ <i>Adhesion</i>	January 24 5:30-6:30pm Women's Self-Defense 7:00-8:00 MKJ <i>Dirty Boxing</i> 8:00-9:00 Systema <i>Ground Trapping</i>	January 25 6:30-7:00 Conditioning <i>OPEN GRAPPLING"</i> 7:00-8:00pm Systema <i>Clinching</i> 8:00-9:00 MKJ <i>Traditional Conditioning</i>	January 26	January 27 "Defense vs. Multiple Attackers" 10:00am-2:00pm \$40 Drop-in OPEN TO ALL
January 29 5:00-6:00pm DIE HARD Inspired WSD! 6:30-9:00pm Our DIE HARD Seminar Yes, based on the movie No Mats, No Shoes. SOCKS STRONGLY SUGGESTED	NO MATS--SHOES REQ. January 30 6:30-7:00 Boxing Bootcamp 7:00-8:00pm Systema <i>Softwork</i> 8:00-9:00 MKJ <i>Standing Restraint and Control</i>	NO MATS--SHOES REQ. January 31 5:30-6:30pm Women's Self-Defense 7:00-8:00 MKJ <i>Kyusho Jitsu</i> 8:00-9:00 Systema <i>Breath Work</i>	NEW LOCATION February 1 6:30-7:00 Conditioning <i>OPEN GRAPPLING"</i> 7:00-8:00pm Systema <i>Gun Defense</i> 8:00-9:00 MKJ <i>Street Neck Locks and Chokes</i>	NEW LOCATION February 2 6:00-8:30 Women's Self Defense SEMINAR <i>Knife Defense</i>	NEW LOCATION February 3 & Sunday the 4th "TOTAL STICK" 10:00am-2:00pm Sat. & Sun. \$40 Drop-in each day YOU MUST EMAIL KEVIN TO RESERVE A SPOT TO AVOID OVERCROWDING ON THIS ONE

"So I close my eyes to old ends and open my heart to new beginnings."

Nick Frederickson