

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Combinations	4 Kata	5 Sparring	6 Self Defense Black Belt Club	7
8	9 Combinations	10 Kata	11 Sparring	12 Self Defense	13 Grappling Goshin Girls	14
15	16 Kata	17 Sparring	18 Self Defense	19 Grappling	20 Combinations	21
22	23 Sparring	24 Self Defense	25 Grappling	26 Combinations	27 Kata	28
29	30 Closed Fall Break	31 Closed	 Self- Discipline <i>Doing whats expected without being told</i>			