

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Self Defense	2 Grappling	3 Combinations	4 Kata	5 Sparring  Black Belt Club	6
7	8 Grappling	9 Combinations	10 Kata	11 Sparring	12 Self Defense  Goshin Girls	13
14	15 Presidents Day Closed  Kindness Week	16 Kata	17 Sparring	18 Self Defense	19 Grappling	20
21	22 Kata	23 Sparring	24 Self Defense	25 Grappling	26 Combinations	27
28	 <b>Focus</b> <i>Focus your energies on answers - Not excuses.</i>					