

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Humility <i>Seeing the Good in Others</i>					1 Closed	2
3	4 Grappling	5 Combinations	6 Kata	7 Sparring	8 Self Defense Black Belt Club	9
10	11 Combinations	12 Kata	13 Sparring	14 Self Defense	15 Grappling Goshin Girls	16
17	18 Martin Luther King Day Closed –	19 Sparring	20 Self Defense	21 Grappling	22 Combinations	23
24	25 Sparring	26 Self Defense	27 Grappling	28 Combinations	29 Kata	30
31	 Community <i>Building relationships of trust and mutual interests</i>					