

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sparring	2 Self Defense	3 Grappling	4 Combinations	5 Kata Black Belt Club	6
7	8 Self Defense	9 Grappling	10 Combinations	11 Kata	12 Sparring Goshin Girls	13
14	15 Grappling	16 Combinations	17 Kata	18 Sparring	19 Self Defense	20
21	22 Combinations	23 Kata	24 Sparring	25 Self Defense	26 Grappling	27
28	29 Kata	30 Sparring	31 Self Defense	 Self-Control <i>Our eyes, body and Mind</i>		