

# January 2010

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

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Self Defense	2 Grappling	3 Combinations	4 Kata	5 Sparring  <b>Black Belt Club</b>	6
7	8 Grappling	9 Combinations	10 Kata	11 Sparring	12 Self Defense  <b>Goshin Girls</b>	13
14	<b>15 Presidents Day</b> <b>Closed</b>  <b>Kindness Week</b>	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>					

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sparring	2 Self Defense	3 Grappling	4 Combinations	5 Kata  <b>Black Belt Club</b>	6
7	8 Self Defense	9 Grappling	10 Combinations	11 Kata	12 Sparring  <b>Goshin Girls</b>	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	 <b>Self-Control</b> <i>Our eyes, body and Mind</i>		

# April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Communicate</b> <i>Exchange of information and ideas.</i></p>				1 Grappling	2 Good Friday <b>Closed</b>	3
4	5 Sparring	6 Self Defense	7 Grappling	8 Combinations	9 Kata  <b>Black Belt Club</b>	10
11	12 Self Defense	13 Grappling	14 Combinations	15 Kata	16 Sparring  <b>Goshin Girls</b>	17
18	19 Grappling	20 Combinations	21 Kata	22 Sparring	23 Self Defense	24
25 <b>Goshin Family Picnic</b>	26 Combinations	27 Kata	28 Sparring	29 Self Defense	30 Grappling	

# May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <h2>Balance</h2> <p><i>Stability: the habit of calm behavior and judgment</i></p>					1
2	3 Kata	4 Sparring	5 Self Defense	6 Grappling	7 Combinations  <b>Black Belt Club</b>	8
9	10 Sparring  <b>Mr. Boggs -</b>	11 Self Defense	12 Grappling	13 Combinations	14 Kata  <b>Goshin Girls</b>	15
16	17 Self Defense	18 Grappling	19 Combinations	20 Kata	21 Sparring	22
23	24 Closed  <b>Summer Break</b>	25 Closed	26 Closed	27 Closed	28 Closed	29 Closed
30	31 Memorial Day Closed	 <h2>Integrity</h2> <p><i>Doing the right thing when nobodies looking</i></p>				

# June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Kata	2 Sparring	3 Self Defense	4 Grappling  <b>Black Belt Club</b>	5
6	7 Kata	8 Sparring	9 Self Defense	10 Grappling	11 Combinations  <b>Goshin Girls</b>	12
13	14 Sparring  <b>Summer Camp Week</b>	15 Self Defense	16 Grappling	17 Combinations	18 Kata	19
20	21 Self Defense  <b>Child Safety Week</b>	22 Grappling	23 Combinations	24 Kata	25 Sparring	26
27	28 Grappling	29 Combinations	30 Kata	 <b>Honesty</b> <i>Telling the truth always</i>		

# July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Perseverance</b> <i>Determination, persisting in spite of difficulties</i></p>				1 Sparring	2 Self Defense	3 Independence Day <b>Closed</b>
4	5 Combinations	6 Kata	7 Sparring	8 Self Defense	9 Grappling  <b>Black Belt Club</b>	10
11	12 Kata	13 Sparring	14 Self Defense	15 Grappling	16 Combinations  <b>Goshin Girls</b>	17
18	19 Sparring	20 Self Defense	21 Grappling	22 Combinations	23 Kata	24
25	26 Self Defense  <b>Summer Camp Week</b>	27 Grappling	28 Combinations	29 Kata	30 Sparring	31

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Combinations	4 Kata	5 Sparring	6 Self Defense  <b>Black Belt Club</b>	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 <b>Closed</b>  Fall Break	31 <b>Closed</b>	 <b>Self- Discipline</b> <i>Doing whats expected without being told</i>			



# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Kindness</b> <i>Three nice things a day - That's the Goshin way</i></p>			1 <b>Closed</b>	2 <b>Closed</b>	3 <b>Closed</b>	4
5	6 <b>Labor Day</b> <b>Closed</b>	7 Combinations	8 Kata	9 Sparring	10 Self Defense  <b>Black Belt Club</b>	11
12	13 Combinations	14 Kata	15 Sparring	16 Self Defense	17 <b>Yom Kippur</b> Grappling	18
19	20 Kata	21 Sparring	22 Self Defense	23 Grappling	24 Combinations  <b>Goshin Girls</b>	25
26	27 Sparring	28 Self Defense	29 Grappling	30 Combinations		

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <span style="font-size: 2em; font-weight: bold; color: blue;">Vision</span> <i>Seeing what is invisible to others.</i>					1 Kata  <b>Black Belt Club</b>	2
3	4 Self Defense	5 Grappling	6 Combinations	7 Kata	8 Sparring  <span style="color: magenta;">Goshin Girls</span>	9
10	11 <b>Columbus Day</b> <b>Closed</b>	12 Combinations	13 Kata	14 Sparring	15 Self Defense	16
17	18 Combinations	19 Kata	20 Sparring	21 Self Defense	22 Grappling	23
24	25 Kata	26 Sparring	27 Self Defense	28 Grappling	29 Combinations	30
31	 <span style="font-size: 2em; font-weight: bold; color: blue;">Courtesy</span> <i>Behavior that demonstrates consideration, and generosity</i>					

# November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sparring	2 Self Defense	3 Grappling	4 Combinations	5 Kata  <b>Black Belt Club</b>	6
7	8 Self Defense  <b>World Kindness Week</b>	9 Grappling	10 Combinations	11 <b>Veterans Day</b> <b>Closed</b>	12 Sparring  <b>Goshin Girls World Kindness</b>	13
14	15 Grappling	16 Combinations	17 Kata	18 Sparring	19 Self Defense	20
21	22 Combinations	23 Kata	24 Sparring	25 <b>Thanksgiving</b> <b>Closed</b>	26 <b>Closed</b>	27 <b>Closed</b>
28	29 Kata	30 Sparring	 <b>Manners</b> <i>Your Manners show people what you are really Like</i>			

# December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 1.2em; font-weight: bold; margin-left: 20px;"><i>Indomitable Spirit</i></p> <p style="font-size: 0.8em; margin-left: 20px;"><i>Unconquerable courage, a 'yes I can' attitude</i></p>			1 Self Defense	2 Grappling	3 Combinations	4
5	6 Sparring	7 Self Defense	8 Grappling	9 Combinations	10 <b>Pot Luck</b> <b>Closed</b>	11
12	13 Self Defense	14 Grappling	15 Combinations	16 Kata	17 Sparring	18
19	20 Sensei Choice	21 Sensei Choice	22 Sensei Choice	23 <b>Closed</b>  Winter Break	24 <b>Closed</b>	25 <b>Closed</b>
26	27 <b>Closed</b>	28 <b>Closed</b>	29 <b>Closed</b>	30 <b>Closed</b>	31 <b>Closed</b>	<b>Closed</b>