



November 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 World Kindness Week	9 Grappling	10 Combinations	11 Veterans Day Closed	12 Sparring Goshin Girls World Kindness	13
14	15 Grappling	16 Combinations	17 Kata	18 Sparring	19 Self Defense	20
21	22 Combinations	23 Kata	24 Sparring	25 Thanksgiving Closed	26 Closed	27 Closed
28	29 Kata	30 Sparring	 Manners <i>Your Manners show people what you are really Like</i>			