

January 2011

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

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Kata	2 Sparring	3 Self Defense	4 Grappling Black Belt Club	5 Weapons
6 Teen Violence Awareness and Prevention Week	7 Kata	8 Sparring	9 Self Defense	10 Grappling	11 Combinations Goshin Girls	12 Weapons
13 Random Acts of Kindness Week	14 Sparring Valentines Day	15 Self Defense	16 Grappling	17 Combinations	18 Kata	19 Women's Self Defense
20	21 Closed Presidents Day	22 Grappling	23 Combinations	24 Kata	25 Sparring	26 Leadership Team
27	28 Grappling					



Kindness

Three nice things a day - That's the Goshin way

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Combinations	2 Kata	3 Sparring	4 Self Defense Black Belt Club	5
	6 Combinations	7 Kata	8 Sparring	9 Self Defense	10 Grappling	11 Goshin Girls Mars needs Mom's
13 Kata	14	15 Sparring	16 Self Defense	17 Grappling St. Patricks Day	18 Combinations	19
20 Sparring	21	22 Self Defense	23 Grappling	24 Combinations	25 Kata	26 Leadership Team
27 Bring A Friend Week	28 Self Defense Spring Break	29 Grappling PVUSD	30 Combinations	31 Kata Cesar Chavez Day		



Self-Control
Our eyes, body and Mind

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sparring Black Belt Club	2 Autism Awareness Day
3 Grappling	4	5 Combinations	6 Kata	7 Sparring	8 Self Defense Goshin Girls	9 Leadership Team
10 National Volunteer Week	11 Combinations	12 Kata	13 Sparring	14 Self Defense	15 Grappling	16
17 Goshin Family Picnic	18 Kata	19 Sparring	20 Self Defense	21 Grappling	22 Closed Good Friday	23
24 Easter	25 Sparring	26 Self Defense	27 Grappling	28 Combinations	29 Kata	30



Communicate

Exchange of information and ideas.

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Self Defense	2 Self Defense	3 Grappling	4 Combinations	5 Kata	6 Sparring Black Belt Club	7 Thor
8 Mothers's Day	9 Grappling	10 Combinations Happy Birthday Mister Boggs'	11 Kata	12 Sparring	13 Self Defense Goshin Girls	14
15 Combinations	16	17 Kata	18 Sparring	19 Self Defense	20 Grappling Pirates of the Caribbean	21 Leadership Team
22	23 Goshin	24 Karate	25 Closed	26 Summer Schools Out	27 Break Kung Fu Panda	28
29	30 Memorial Day Closed	31 Self Defense				



Integrity

Doing the right thing when nobodies looking

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grappling	2 Combinations	3 Kata Black Belt Club	4 Brown Belt Graduation
5 Self Defense	6	7 Grappling	8 Combinations	9 Kata	10 Sparring Goshin Girls	11
12 Grappling *****	13	14 Combinations SUMMER	15 Kata CAMP	16 Sparring Week	17 Self Defense ***** Green Lantern	18 Leadership Team
19 Father's Day Child Safety Week	20 Combinations	21 Kata	22 Sparring	23 Self Defense	24 Grappling Cars 2	25 Free Kids Safety Class
26 Kata	27	28 Sparring	29 Self Defense	30 Grappling		



Balance

Stability; the habit of calm behavior and judgment

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Honesty <i>Telling the truth always</i>				1 Combinations Transformers	2
3 Bring A Friend Week	4 Independence Day Closed	5 Self Defense	6 Grappling	7 Combinations	8 Kata Black Belt Club	9
10 Self Defense	11 Grappling	12 Combinations	13 Kata	14 Sparring	15 Goshin Girls	16 Women's Self Defense
17 Nelson Mandela Day	18 *****	19 SUMMER	20 CAMP	21 Week	22 ***** Capitan America	23
24 Combinations	25 Kata	26 Sparring	27 Self Defense	28 Grappling	29	30
31	 Perseverance <i>Determination, persisting in spite of difficulties</i>					

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Kata	2 Sparring	3 Self Defense	4 Grappling	5 Combinations Black Belt Club	6 Women's Self Defense	
7 Sparring	8 Self Defense	9 Grappling	10 Combinations School Begins	11 Kata Goshin Girls	12 Sparring	13 College begins
14 Self Defense	15 Grappling	16 Combinations	17 Kata	18 Sparring	19 Self Defense	20 Leadership Team
21 Bring A Friend Week	22 Grappling	23 Combinations	24 Kata	25 Sparring	26 Self Defense	27 Leadership Team
28 Goshin	29 Karate	30 Closed	31 Fall	Break		



Self- Discipline

Doing whats expected without being told

September 2011


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Goshin	Karate	Closed	Fall	Break	
4	5 Labor Day Closed	6 Sparring	7 Self Defense	8 Grappling	9 Combinations Black Belt Club	10 Black Belt Graduation
11 Safety Week	12 Sparring Service and Remembrance Day	13 Self Defense	14 Grappling	15 Combinations	16 Kata Goshin Girls	17
18	19 Self Defense	20 Grappling	21 Combinations	22 Kata	23 Sparring	24 Leadership Team
25	26 Grappling	27 Combinations	28 Kata	29 Sparring K-12 Recess	30 Self Defense	




Focus

Focus your energies on answers - Not excuses.

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Courtesy <i>Behavior that demonstrates consideration, and generosity</i>						1
2 Bully Prevention Week/ Month	3 Combinations	4 Kata	5 Sparring World Teacher Day	6 Self Defense	7 Grappling Yom Kippur	8 Free Bully Prevention Workshop
9 Domestic Violence Awareness Week	10 Colombus Day Closed	11 Sparring Fire	12 Self Defense Safety	13 Grappling Week	14 Combinations Black Belt Club	15
16 Sparring	17	18 Self Defense	19 Grappling	20 Combinations	21 Kata Goshin Girls	22 Leadership Team
23 Make A Difference Day	24 Self Defense	25 Grappling	26 Combinations Parent	27 Kata Conferences	28 Sparring Week	29
30	31 Halloween Closed	 Vision <i>Seeing what is invisible to others.</i>				

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Combinations	2 Kata	3 Sparring	4 Self Defense Black Belt Club	5
6 World Kindness Week	7 Combinations	8 Kata	9 Sparring	10 Self Defense	11 Veterans Day Closed	12
13	14 Kata	15 Sparring	16 Self Defense	17 Grappling	18 Combinations Goshin Girls	19 Annual Holiday Sale
20	21 Sparring	22 Self Defense	23 Grappling	24 Closed	25 Thanksgiving	26 Weekend
27	28 Self Defense	29 Grappling	30 Combinations			



Manners

Your Manners show people what you are really Like

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Sparring	3
4 Grappling	5	6 Combinations	7 Kata	8 Sparring	9 International Potluck Party at the Dojo	10
11 Combinations	12	13 Kata	14 Sparring	15 Self Defense	16 Grappling	17
18 Kata	19	20 Sparring Last day of School	21 Self Defense	22 Grappling	23 Combinations	24 Christmas Eve
25 Christmas Day	26 Goshin	27 Karate	28 Closed	29 Winter	30 Break	31
New Years Day	 Indomitable Spirit <i>Unconquerable courage, a 'yes I can' attitude</i>					