



February 2024



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Don't Forget:</u>	Jan 29 Stripe Test	Jan 30 Stripe Test	Jan 31 Evening Belt Graduation	1 Evening Belt Graduation	2 6:00pm Sparring	3
4 Always bring your pads to class if you have them!	5 Focus Mitts + Paddle Kicking	6 Focus Mitts + Paddle Kicking	7 Heavy Bag Combos + Footwork + Head Movement	8 Heavy Bag Combos + Footwork + Head Movement	9 6:00pm Sparring	10
11	12 Sparring Drills/ Kickboxing	13 Sparring Drills/ Kickboxing	14 Sparring Games + Activities	15 Sparring Games + Activities	16 Valentines Fun Night! 6:30-10pm	17
18	19 Defensive!! Blocks, checks shielding catching parrying	20 Defensive!! Blocks, checks shielding catching parrying	21 Combatives + Self Defense Concepts	22 Combatives + Self Defense Concepts	23 6:00pm Sparring	24
25	26 Sweeps, Takedowns Throws, Ground Position	27 Sweeps, Takedowns Throws, Ground Position	28 Stripe Test	29 Stripe Test	March 1 6:00pm Sparring	March 2 Coming soon: Sword Clinic at the end of March!