|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Saturday** |
|  |  |  |  | **1**  Requirements | **2** | **3**  Requirements |
| **4** | **5**  Self Defense | **6**  Self Defense | **7**  Self Defense | **8**  Self Defense | **9** | **10**  Knife Defense  BBAE @ 11:15 Inst. Meeting  Women self defense 3-5 |
| **11** | **12**  Kata Requirements | **13**  Kata Requirements | **14**  Kata  Bunkai | **15**  Kata  Bunkai | **16** | **17**  Kumite  BBAE @ 11:15  Nunchaku |
| **18** | **19**  Review  &  Refine | **20**  Review  &  Refine | **21**  Review  &  Refine | **22 Belt testing only.** No classes today | **23** | **24**  Takedowns, & Jiu Jitsu  BBAE @ 11:15  Advanced Jiu Jitsu |
| **25** | **26**  Bar Requirements | **27**  Bar  Requirements | **28**  Kumite | **3/1**  Kumite | **3/2** | **3/3**  Kumite  BBAE @ 11:15  \*Mandatory Inst. Meeting\* |