

# APRIL 2010

SUN                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRI                      SATURDAY

	<p>430&amp; 515: Speed &amp; intensity drills</p> <p>615: Foam stick flowing</p> <p>Adults: Ground defense review</p>	<p>Pee Wee: Reverse punch w/ ring and film</p> <p>430 &amp; 615: Speed &amp; intensity drills</p> <p>530: Foam stick flowing</p>	<p>430&amp;515: Sparring &amp; requirement</p> <p>615: Front leg round house, requirement</p> <p>Adults: Sparring, requirement</p>	<p>1</p> <p>Pee Wee: Sparring attack 1</p> <p>430&amp;615: Sparring, Requirement</p> <p>530: Front leg round house, requirement</p>	<p>2</p>	<p>3</p> <p style="text-align: center;">MAKE UP</p> <p style="text-align: center;">—</p>
4	<p>5</p> <p>430: Ground defense, requirement</p> <p>515: BBE: Ground defense BBA: Sparring 6</p> <p>615: Speed and intensity drill</p> <p>Adults: Requirement, Sparring techniques</p>	<p>6</p> <p>Pee Wee: Down block &amp; reverse punch</p> <p>430: BBE Ground defense, BBA Sparring 6</p> <p>530: Speed and Intensity</p>	<p>7</p> <p>430 &amp; 515: Knife defense, requirement</p> <p>615: Front leg round house, requirement</p> <p>Adults: Knife defense</p>	<p>8</p> <p>Pee Wee: Side step foam stick – Naka Uke</p> <p>430 &amp; 615: Knife defense</p> <p>530: Front leg round house, requirement</p>	<p>9</p>	<p>10</p> <p style="text-align: center;">BBA &amp; BBE : Nunchuku</p> <p style="text-align: center;">MAKE UP</p> <p style="text-align: center;">—</p>
11	<p>12</p> <p>430: &amp; 515: BBE: Single escrema BBA: Nunchuku</p> <p>615: Rolling &amp; falling &amp; requirement</p> <p>Adults: Self-defense techniques</p>	<p>13</p> <p>Pee Wee: Reverse punch timing w/ shield</p> <p>430 &amp; 615: BBE: Single Escrema BBA: Nunchuku</p> <p>530: Rolling &amp; falling &amp; requirement</p>	<p>14</p> <p>430 &amp; 515: Rolling &amp; fall break</p> <p>615: Blocks &amp; reverse punch</p> <p>Adults: Grappling &amp; requirement</p>	<p>15</p> <p>Pee Wee: Progressive front kick</p> <p>430 &amp; 615: Rolling &amp; fall break</p> <p>530: Blocks &amp; reverse punch</p>	<p>16</p>	<p>17</p> <p style="text-align: center;">MAKE UP</p>
18	<p>19</p> <p>430: Ground defense &amp; requirement</p> <p style="text-align: center;"><b>YELLOW BAR TESTING</b></p> <p>Adults: Requirement, Fall break &amp; sweeps</p>	<p>20</p> <p>Pee Wee: Front kick &amp; big ring</p> <p style="text-align: center;"><b>YELLOW BAR TESTING</b></p> <p>615: Ground defense &amp; requirement</p>	<p>21</p> <p>430: Sparring &amp; requirement</p> <p style="text-align: center;"><b>YELLOW BAR TESTING</b></p> <p>Adults: Sparring &amp; requirement</p>	<p>22</p> <p>Pee Wee: Side kicks</p> <p style="text-align: center;"><b>YELLOW BAR TESTING</b></p> <p>615: Sparring &amp; requirement</p>	<p>23</p>	<p>24</p> <p style="text-align: center;"><b>YELLOW BAR TESTING</b></p> <p style="text-align: center;">MAKE UP</p>
25	<p>26</p> <p>430 : Self-defense techniques (BBE: with take down)</p> <p style="text-align: center;"><b>BELT TEST (Must ware gi top)</b></p> <p>Adults: Self-defense techniques</p>	<p>27</p> <p>Pee Wee: Block</p> <p style="text-align: center;"><b>BELT TEST (Must ware gi top)</b></p> <p>615: Self-defense techniques (BBR: with take down)</p>	<p>28</p> <p>430 : BBE: Ground defense, BBA: kibbons 4</p> <p style="text-align: center;"><b>BELT TEST (Must ware gi top)</b></p> <p>Adults: Ground defense</p>	<p>29</p> <p>Pee wee: Sparring attack 1</p> <p style="text-align: center;"><b>BELT TEST (Must ware gi top)</b></p> <p>615: BBE: Ground defense, BBA: kibbons 4</p>	<p>30</p>	<p>1</p> <p style="text-align: center;">MAKE UP</p>