

**ROBERT L KITCHIN**  
**ACADEMY OF SELF DEFENSE**  
 113 BRANCH ST. UNIT 3 LOWELL, NC 28098  
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**JEET KUNE DO**  
**STREET FIGHTING SYSTEMS**



**Senior Citizen Classes : Tues & Thurs Mornings 10 am**  
**Adult Classes : Tues & Thurs Mornings 11am**  
**Kids Classes : Tues & Thurs Nights 630pm**  
**Adult Classes : Tues & Thurs Nights 730pm**  
**Monday Night Classes 730pm Wed. Afternoon Home School Class 2pm**  
**Sat Morning Open Class 11am Sat Morning Training Class 12 noon**  
**Private Lessons Available Also**

**MAY 2012**

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Grappling shorts ok	<b>2</b> Take Downs	<b>3</b> Grappling shorts ok	<b>4</b>	<b>5</b> Bo Staff
<b>6</b>	<b>7</b> Demo 7pm	<b>8</b> BroadSword Sparring	<b>9</b> Kali Bring Weapon	<b>10</b> JKD Street Clothes	<b>11</b>	<b>12</b> US Grappling Charlotte
<b>13</b> Sil Lum 7pm	<b>14</b>	<b>15</b> Sparring Bring Gear	<b>16</b> Hand Strikes	<b>17</b> Sparring Bring Gear	<b>18</b>	<b>19</b> Big Dawg Tournament
<b>20</b> Sil Lum 7pm	<b>21</b>	<b>22</b> Wing Chun	<b>23</b> Kicking Drills	<b>24</b> Wing Chun	<b>25</b>	<b>26</b> Bo Staff
<b>27</b> Sil Lum 7pm	<b>28</b>	<b>29</b> Knife Training	<b>30</b> Nunchaku Bring weapon	<b>31</b> Tiger Form		

God always allows U Turns. If you feel your life is heading in the wrong direction maybe it is time for you to make a U Turn. John 3:16 For God so loved the world he gave his son for us.