

JEET KUNE DO



STREET FIGHTING SYSTEMS

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**A fool uttereth all his
mind; but a wise man
keepeth it in till after-
wards**
Proverbs 29:11

SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Home School Lee Chuan	2 JKD	3	4 Open Class 11 to 12pm Weapons 12-1pm
5	6 Closed for Holiday	7 Boxing Skills	8 Home School Kicking Drills	9 Grappling	10	11 Open Class 12n - 1pm Lee Chuan Black Belt 3pm
12	13 7:30pm Sil Lum Pai	14 Rank Training	15 Home School Rank Training	16 Rank Training	17	18 Rank Test 11 AM
19	20 Closed Newton	21 Circuit Drills	22 Home School Nunchaku	23 JKD Street Defense	24	25 11-12pm Open Class 12-1pm Sparring
26	27 7:30pm Sil Lum Pai	28 Sparring	29 Kali Drills	30 JKD Trapping		