



## March 2010

Mon	Tue	Wed	Thur	Fri
<p><b>1.</b> 1-3:15p.m.</p> <p>Balance Games: Sumo, Push Hands, Pass Guard, Exercise Ball</p>	<p><b>2.</b></p>	<p><b>3.</b> 1-3:15p.m.</p> <p>Bushido Studies: Attitude is Everything</p>	<p><b>4.</b></p>	<p><b>5.</b> 1-3:15p.m.</p> <p>BJJ-Sweeps from Guard</p>
<p><b>8.</b> 1-3:15p.m.</p> <p>BJJ-Escapes: Side Mount, Rear Mount</p>	<p><b>9.</b></p>	<p><b>10.</b> 1-3:15p.m.</p> <p>Bushido Studies: Attitude is Everything</p>	<p><b>11.</b></p>	<p><b>12.</b> 1-3:15p.m.</p> <p>Rolling: 3 Min. Rounds</p>
<p><b>15.</b> 1-3:15p.m.</p> <p>Judo: Takedowns, Sumo, Trips</p>	<p><b>16.</b></p>	<p><b>17.</b> 1-3:15p.m.</p> <p>Bushido Studies: Attitude is Everything</p>	<p><b>18.</b></p>	<p><b>19.</b> 1-3:15p.m.</p> <p>Vimy Ridge: Wall Climbing</p>
<p><b>22.</b> 1-3:15p.m.</p> <p>Bushido Studies: Attitude is Everything</p>	<p><b>23.</b></p>	<p><b>24.</b> 1-3:15p.m.</p> <p>Pizza Party</p>	<p><b>25.</b></p>	<p><b>26.</b> 1-3:15p.m.</p> <p>Vimy Ridge: Wall Climbing</p>
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <h3 style="margin: 0;">Spring Break</h3> </div>				

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