



## September 2010

Mon	Tue	Wed	Thur	Fri
		<b>1.</b> - Self "D" - Progressive Guard	<b>2</b>	<b>3</b> -Mount Escapes -Shark Bite -Wrist Grab -Saulo1,2, & 3
<b>6</b> Day Off No School	<b>7</b>	<b>8</b> -Mount Escapes -Holding Mount	<b>9</b>	<b>10</b> -Mount Games
<b>13</b> Class with Master Behring	<b>14</b>	<b>15</b> Class with Master Behring	<b>16</b>	<b>17</b> Class w/ Master Behring
<b>20</b> Side Mount: -Pin -Escapes 1 & 2	<b>21</b>	<b>22</b> Side Mount: -Submissions -Games	<b>23</b>	<b>24</b> Rolling & Games
<b>27</b> Rear Mount: -Holding -RNC -Guard to Back	<b>28</b>	<b>29</b> Rear Mount: -Transitions -Escapes	<b>30</b>	

Curt Malin  
 Teacher/Professor  
 780 466-8573 ext.  
 curtis.malin@epsb.ca