



Delta Kajukenbo
Gaylord's Method

www.deltakajukenbo.com
209-835-5845



February 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	30	31	1	2	3	4	5
5:30 PM	Siu Yuhn	Siu Yuhn	Jiu Jitsu	Jiu Jitsu	Sparring		Day of Remembrance
7:00PM	All Classes	All Classes	All Classes	All Classes			
	6	7	8	9	10	11	12
5:30 PM	Escrima	Escrima	Hand Drills	Hand Drills	Sparring		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	13	14	15	16	17	18	19
5:30 PM	Kicking Drills	Kicking Drills	Combo Drills Takedowns	Combo Drills Takedowns	Sparring		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	20	21	22	23	24	25	26
5:30 PM	Ground Work	Ground Work	Stations	Stations	Sparring		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	27	28	29	1	2	3	4
5:30 PM	Your Choice	Your Choice	Check off Sheets	Check off Sheets	Sparring		
7:00PM	All Classes	All Classes	All Classes	All Classes			

