

**August 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM–Fighting Fit 6:00 AM–Boot Camp 5:00 – YJJ 6:00 – Open TSD 6:00 – Warrior Program 7:00 – Boot Camp 7:00 -- Battojutsu 8:00 – Muay Thai 8:00 – ATSD	2:00 – Open TSD 4:15 – Little Ninjas 4:00 – YJJ 5:00 – ASJJ 6:00 – Open TSD 6:00 – BJJ 7:00 – Black Belts Only 7-8:30 – Open Mat	5:00 AM–Fighting Fit 6:00 AM–Boot Camp 5:00 – Open TSD 6:00 – Little Ninjas 6:00 – YJJ 7:00 – Boot Camp 7:00 – Muay Thai 8:00 – ASJJ 8:00 – ATSD	2:00 – Open TSD 4:00 – Muay Thai 5:00 – Little Ninjas 5:00 – YJJ 6:00 – ASJJ 6:00 – BJJ 7:00 – Open TSD 7-8:30 – Open Mat	5:00 AM–Fighting Fit 6:00 AM–Boot Camp 5:00 – Open TSD 6:00 –TSD Sparring 6:00 – ASJJ 7:00 – Boot Camp 7:00 – Muay Thai	Various.

July 31 Normal Schedule	1 Normal Schedule	2 Normal Schedule	3 Normal Schedule	4 Normal Schedule	5 Women’s Self Defense Level 1 12-4 PM – See back for info!
Please note the following schedule changes, effective August 1 <sup>st</sup> ! <b>Tuesday:</b> No 5 PM White-Green. 6 PM is Open TSD. <b>Friday:</b> 5 PM is Open TSD. 6 PM is now TSD Sparring class (bring gear). <b>Little Dragons</b> is now <b>Little Ninjas</b> and is a “general” program, not a TSD-specific program.					
7 Normal Schedule	8 Leadership 7-9 No Black Belt Class Otherwise normal schedule.	9 Normal Schedule	10 Normal Schedule	11 Normal Schedule <b>MT Sparring 8-9</b>	12 SPECIAL SEMINAR with Guro Kurt P. Leffler II teaching KALI! 10 AM—12 PM Cost: Donation
14 <b>BUDDY WEEK!</b> Normal Schedule	15 <b>BUDDY WEEK!</b> Normal Schedule	16 <b>BUDDY WEEK!</b> Normal Schedule	17 <b>BUDDY WEEK!</b> Normal Schedule	18 <b>BUDDY WEEK!</b> Normal Schedule	19 Traditional Testing 1 PM Graduation 4 PM Game Night 5-8 PM
21 Normal Schedule	22 Normal Schedule	23 Normal Schedule	24 Normal Schedule	25 Normal Schedule <b>MT Sparring 8-9</b>	26
28 Normal Schedule	29 Normal Schedule	30 Normal Schedule	31 Normal Schedule	Sept 1 Normal Schedule	Sept 2

**Our Women’s Self-Defense classes are now only \$35 for one day or \$50 for both! Please spread the word!  
 Guro Kurt P. Leffler II from K-Bay Martial Athletics in Homer will be visiting us as a guest instructor and teaching us some Kali on the 12<sup>th</sup>! Come learn! The public is welcome.**

**Guro Kurt P Leffler II** -- *Memor Quisnam Vos Es* (“Remember who you are,” the Leffler family motto.)

In his own words, “I am just a Warrior trying to do my part for my Community and family.”

- Head Coach of the LFS-Kali Fight Team
- Instructor of LFS-Kali (Filipino Martial Arts)
- Certified USA Boxing Coach
- US Army Veteran
- Founder of the Alaskan Warrior Class Community

Guro Kurt will be joining us to share some of his knowledge in Kali with the blade and empty hand.

He is a fun and enthusiastic coach who has been coaching for fifteen years.

The seminar is free but please consider donating to help cover Guro’s costs. All money will go straight to him.

**Women’s Self-Defense, August 5<sup>th</sup> and 6<sup>th</sup>**

**12-4 PM**

**\$35 for one day or \$50 for both days**

Our self-defense seminars are composed of three parts: knowledge, physical skills, and application practice on a fully-padded “bad guy.”

They are put on in cooperation with Perpetual Fitness and Personal Safety, the only Girls on Guard certified trainers in the state.

We don’t just teach the physical skills to fight off an attacker—we teach the mental preparation and skills to avoid the situation in the first place.

Unlike many self-defense programs, we make sure to address the unfortunate fact that most attackers are known to the people they attack and provide options for dealing with that situation.