

# Heritage Martial Arts Schedule – September 2006

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                       | SATURDAY  |
|--|--|--|---|---|------------------------------|---|
|  |  |  |   |   | 1<br>Jiu-Jitsu Sensei Denis  | 2<br>Karate Children's<br>Sensei Debbie<br>Karate Adults<br>Sensei Rick<br>Wing Chun Sifu Rick                            |
| 3<br><br><b>Academy Closed<br/>Civic Holiday<br/>Labor Day</b>   | 4<br><br><b>Academy Closed<br/>Civic Holiday<br/>Labor Day</b>   | 5<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick                                 | 6<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick   | 7<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick      | 8<br>Jiu-Jitsu Sensei Denis  | 9<br>Karate Children's<br>Sensei Debbie<br>Karate Adults<br>Sensei Rick<br>Wing Chun Sifu Rick                            |
| 10<br><br><b>Black Belt Training<br/>Open Sparring</b>   | 11<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick<br>Karate (A-Weapons)<br>Sempai Terry | 12<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick<br><b>(lunch for Jonathan)</b> | 13<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick  | 14<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick     | 15<br>Jiu-Jitsu Sensei Denis | 16<br>Karate Children's<br>Sensei Debbie<br>Karate Adults<br>Sensei Rick<br>Wing Chun Sifu Rick<br>Jiu-Jitsu Sensei Denis |
| 17<br><br><b>Can Ryu Jiu-Jitsu<br/>Black Belt Training</b>   | 18<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick<br>Karate (A-Weapons)<br>Sempai Terry | 19<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick                                | 20<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick  | 21<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick     | 22<br>Jiu-Jitsu Sensei Denis | 23<br>Karate Children's<br>Sensei Debbie<br>Karate Adults<br>Sensei Rick<br>Wing Chun Sifu Rick<br>Jiu-Jitsu Sensei Denis |
| 24<br><br><b>Black Sash Test<br/>(Robert and Carlo)</b><br><br><b>Black Belt Test<br/>(Josh Lynch)</b> | 25<br>Karate (Children's)<br>Sensei Debbie<br>Karate (Adults)<br>Sensei Rick<br>Karate (A-Weapons)<br>Sempai Terry | 26<br>Woman's Karate<br>Sensei Debbie<br>Wing Chun<br>Sifu Rick                                | 27<br>Karate (Children's)<br>Sempai Tiffany<br>Karate (Adults)<br>Sempai Josh | 28<br>Woman's Karate<br>Sempai Tiffany<br>Wing Chun<br>SihingRobert | 29<br>Jiu-Jitsu Sensei Denis | 30<br>Karate Children's<br>Sensei Debbie<br>Karate Adults<br>Sensei Rick<br>Wing Chun Sifu Rick<br>Jiu-Jitsu Sensei Denis |