



Delta Kajukenbo
Gaylord's Method

www.deltakajukenbo.com
209-835-5845



November 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28	29	30	31	1	2	3
5:30 PM	Kicks	Kicks	Boxing Drills	CLOSED	Sifu Ron		
7:00PM	All Classes	All Classes	All Classes	Halloween			
	4	5	6	7	8	9	10
5:30 PM	Elbows & Knees	Elbows & Knees	Ju Jitsu Takedowns	Ju Jitsu Takedowns	SPARRING		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	11	12	13	14	15	16	17
5:30 PM	Your Choice What if?	Your Choice What if?	Escrima	Escrima	SPARRING		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	18	19	20	21	22	23	24
5:30 PM	Safe Kids DTAC	Safe Kids DTAC	Safe Kids DTAC	Safe Kids DTAC	Farewell Workout		
7:00PM	All Classes	All Classes	All Classes	All Classes			
	25	26	27	28	29	30	1
5:30 PM	C	L	O	S	E	D	
7:00PM							

*"Martial Arts – Like anything else in life,
You get out of it what you put into it"
- Sibak Kellen Houk, Delta Kajukenbo*