

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
SALTASH sparring  IVYBRIDGE linework	COOMBE DEAN patterns  HELES Pre.sparring  KICKBOXING	TAMARSIDE  linework  KICKBOXING	LIPSON patterns  DEVONPORT BLACK BELT TRAINING  PRINCE ROCK KICKBOXING	DERRIFORD  Pre.sparring	COOMBE DEAN  sparring	HELES patterns  DEVONSHIRE Full club training
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
SALTASH linework  IVYBRIDGE pre.sparring	COOMBE DEAN sparring  HELES patterns  KICKBOXING	TAMARSIDE  pre.sparring  KICKBOXING	LIPSON sparring  PRINCE ROCK  KICKBOXING	DERRIFORD Patterns  Senior class: 2 <sup>nd</sup> kup & above training	COOMBE DEAN  linework	HELES Pre.sparring  DEVONSHIRE Bo staff training
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
SALTASH Pre.sparring  IVYBRIDGE patterns	COOMBE DEAN linework  HELES sparring KICKBOXING	TAMARSIDE  patterns  KICKBOXING	LIPSON Pre.sparring  PRINCE ROCK KICKBOXING	DERRIFORD  linework	COOMBE DEAN  patterns	HELES linework  DEVONSHIRE Full club training
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
SALTASH & IVYBRIDGE	COOMBE DEAN & HELES	TAMARSIDE	LIPSON & PRINCE ROCK	DERRIFORD	COOMBE DEAN  COLOURED BELTS, KICKBOXING & BLACK BELT GRADING	HELES  CLOSED  DEVONSHIRE PRESENTATION EVENING
<b>GRADING PREPARATION</b>						
Monday 29	Tuesday 30	Wednesday 31				
SALTASH patterns  IVYBRIDGE sparring	COOMBE DEAN Pre.sparring  HELES linework KICKBOXING	TAMARSIDE  Sparring  KICKBOXING				

# March 2010

**4<sup>th</sup> march - black belt training  
At Devonport 7.30-8.30pm**

**7<sup>th</sup> march - full club training  
At the Devonshire 6.00-7.00pm**

**12<sup>th</sup> march - senior class 2<sup>nd</sup> kup &  
above training 7.00-8.00pm**

**14<sup>th</sup> march - bo staff training  
At the Devonshire 6.00-7.00pm**

**Starting 22<sup>nd</sup> march  
Grading preparation week**

**27<sup>th</sup> march - coloured belts,  
kickboxing & black belt  
Grading.  
At coombe dean.**

**28<sup>th</sup> march - no classes at heles.**

**28<sup>th</sup> march presentation evening at  
the Devonshire 5.00-7.00pm**