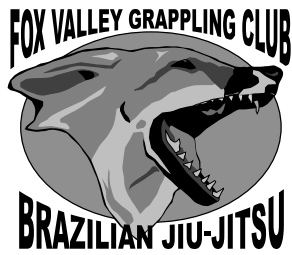


December 2003



BRAZILIAN JIU-JITSU SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stripe Test Review	2	3	4 Escapes	5 NHB/MMA Fights in Wausau	6 Rodrigo Vaghi Seminar
7 Rodrigo Vaghi Seminar	8 No-Gi Techniques	9	10	11 Attacks from the Mount Position	12	13 Open Mat
14 Combat-Do tournament in Chiago	15 Guard Passing Drills	16	17	18 Knee On Stomach	19	20 Open Mat
21	22 Triple Attack	23	24	25 No Practice	26	27 No Practice
28	29 Open Mat & Sparring	30	31			

Mondays and Thursdays: 7:30pm-9:30pm on the front floor

Saturdays: 10am-Noon on the back floor

Saturday practices are subject to change in the event of a tournament or seminar.