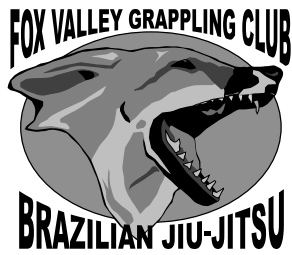


November 2003



BRAZILIAN JIU-JITSU SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open Mat
2	3 Chokes	4	5	6 Takedowns	7	8 Open Mat Jiu-Jitsu Seminar in Milwaukee
9 Jiu-Jitsu Tournament Near Rhinelander	10 Stripe Test Review	11	12	13 Circuit Training	14	15 Open Mat
16 Stripe Test Review	17 Sweeps	18	19	20 North/South Position	21	22 Open Mat
23 Stripe Test Review	24 Attacks From Rear Mount	25	26	27 No Practice Because of Holiday	28	29 Open Mat Starting at Noon

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.