



# Moh Pai Defensive Arts

\*\*\* Revised  
Sept.3/2010

Edmonton Training Schedule: **July - September / 2010**

## class times & locations

<p><b>Sundays</b> 1:30 - 3:00 PM Group Fitness Studio (Millennium Place)</p>
<p><b>Mondays</b> 7:15 - 9:15 (10:00) PM Queen Alexandra Hall (10425 - University Ave.)</p>
<p><b>Wednesdays</b> 9:00 - 10:30 PM Combatives Room (Millennium Place)</p>
<p><b>Fridays</b> 7:00 - 9:00 PM <i>Except:</i> 8:00 - 10:00 PM <b>Sep.3 - Oct.1</b> Combatives Room (Millennium Place)</p>

## \$40 Monthly Membership Fee

Accepting adults & youth 15+

### FREE 3-Class Trial!!!

New students can view, try, and attend all classes listed in black color.

Classes listed in red color are reserved for advanced students who are members of PHS class.

[www.mohpai.com](http://www.mohpai.com)

[edmonton@mohpai.com](mailto:edmonton@mohpai.com)

780-638-2630

mo	wk	Day	Date	Class
JULY	1	Sun.	Jul. 4	Belt Level Knowledge, Forms, & Practice
		Mon.	Jul. 5	Weapons Defense Training, after-class Practice
		Wed.	Jul. 7	Sparring, Ground Defense, & Submission Hold Escapes
		Fri.	Jul. 9	--- <i>Pai Hu Shih Training (PHS members only)</i>
	2	Sun.	Jul. 11	Moh Pai Training & Applications
		Mon.	Jul. 12	Belt Level Knowledge, Forms, & Practice
		Wed.	Jul. 14	Sparring, Dealing with Multiple Attackers
		Fri.	Jul. 16	Weapons Defense Training
	3	Sun.	Jul. 18	--- <i>Pai Hu Shih Training (PHS members only)</i>
		Mon.	Jul. 19	Moh Pai Training & Applications, after-class Practice
		Wed.	Jul. 21	Belt Level Knowledge, Forms, & Practice
		Fri.	Jul. 23	Sparring, Ground Defense, & Submission Hold Escapes
4	Sun.	Jul. 25	Weapons Defense Training	
	Mon.	Jul. 26	--- <i>Pai Hu Shih Training (PHS members only)</i>	
	Wed.	Jul. 28	Back to Basics	
	Fri.	Jul. 30	Moh Pai Training & Applications	
AUGUST	1	Mon.	Aug. 2	Weapons Defense Training, after-class Practice
		Wed.	Aug. 4	Sparring, Ground Defense, & Submission Hold Escapes
		Fri.	Aug. 6	--- <i>Pai Hu Shih Training (PHS members only)</i>
	2	Sun.	Aug. 8	Moh Pai Training & Applications
		Mon.	Aug. 9	Belt Level Knowledge, Forms, & Practice
		Wed.	Aug. 11	Sparring, Dealing with Multiple Attackers
		Fri.	Aug. 13	Weapons Defense Training
	3	Sun.	Aug. 15	--- <i>Pai Hu Shih Training (PHS members only)</i>
		Mon.	Aug. 16	Moh Pai Training & Applications, after-class Practice
		Wed.	Aug. 18	Belt Level Knowledge, Forms, & Practice
		Fri.	Aug. 20	Sparring, Ground Defense, & Submission Hold Escapes
	4	Sun.	Aug. 22	Weapons Defense Training
Mon.		Aug. 23	--- <i>Pai Hu Shih Training (PHS members only)</i>	
Wed.		Aug. 25	Back to Basics	
Fri.		Aug. 27	Moh Pai Training & Applications	
5	Sun.	Aug. 29	Forms & Form Application, Personal Practice	
	Mon.	Aug. 30	<b>Moh Pai Training (with Master DJ Swanstrom!)</b>	
	Wed.	Sep. 1	--- <i>Pai Hu Shih Training (PHS members only)</i>	
SEPTEMBER	1	Fri.	Sep. 3	Sparring, Dealing with Multiple Attackers (8 - 10 PM)
		Sun.	Sep. 5	Belt Level Knowledge, Forms, & Practice
		Mon.	Sep. 6	Weapons Defense Training, after-class Practice
		Wed.	Sep. 8	Sparring, Ground Defense, & Submission Hold Escapes
	2	Fri.	Sep. 10	--- <i>Pai Hu Shih Training (PHS members only) (8 - 10 PM)</i>
		Sun.	Sep. 12	Moh Pai Training & Applications
		Mon.	Sep. 13	Belt Level Knowledge, Forms, & Practice
		Wed.	Sep. 15	Sparring, Dealing with Multiple Attackers
	3	Fri.	Sep. 17	<b>FREE OPEN CLASS!!! (8 - 10 PM)</b>
		Sun.	Sep. 19	--- <i>Pai Hu Shih Training (PHS members only)</i>
		Mon.	Sep. 20	Moh Pai Training & Applications, after-class Practice
		Wed.	Sep. 22	Belt Level Knowledge, Forms, & Practice
4	Fri.	Sep. 24	Sparring, Ground Defense, & Hold Escapes (8 - 10 PM)	
	Sun.	Sep. 26	Weapons Defense Training	
	Mon.	Sep. 27	--- <i>Pai Hu Shih Training (PHS members only)</i>	
	Wed.	Sep. 29	Back to Basics	
		Fri.	Oct. 1	Moh Pai Training & Applications (8 - 10 PM)