



# Moh Pai Defensive Arts

\*\*\* Revised  
Jan.20/2012

Edmonton Training Schedule: **January - March / 2012**

## class times & locations

<b>Sundays</b> <b>1:30 - 3:00 PM</b> Group Fitness Studio (Millennium Place)
<b>Mondays</b> <b>7:15 - 9:15 PM</b> Queen Alexandra Hall (10425 - University Ave.)
<b>Tuesdays</b> <b>7:00 - 8:00 / 8:30 PM</b> Downtown YMCA, room CR-4 (10211 - 102 Ave.) <b>Free drop-in for YMCA members!</b>
<b>Wednesdays</b> <b>9:00 - 10:30 PM</b> Combatives Room (Millennium Place)
<b>Fridays</b> <b>7:00 - 9:00 PM</b> Combatives Room (Millennium Place)

**\$50 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**

**edmonton@mohpai.com**

**780-638-2630**

mo	wk	Day	Date	Class	
JANUARY	1	Mon. Jan. 2 Tue. Jan. 3 Wed. Jan. 4 Fri. Jan. 6	Jan. 2 Jan. 3 Jan. 4 Jan. 6	Weapons Defense Training Basic Skill Development & Self Defense (YMCA) Sparring, Ground Defense, & Submission Hold Escapes --- <i>Pai Hu Shih Training (PHS members only)</i>	
	2	Sun. Jan. 8 Mon. Jan. 9 Tue. Jan. 10 Wed. Jan. 11 Fri. Jan. 13	Jan. 8 Jan. 9 Jan. 10 Jan. 11 Jan. 13	Moh Pai Training & Applications Belt Level Knowledge, Forms, & Practice Basic Skill Development & Self Defense (YMCA) Sparring, Dealing with Multiple Attackers Weapons Defense Training	
	3	Sun. Jan. 15 Mon. Jan. 16 Tue. Jan. 17 Wed. Jan. 18 Fri. Jan. 20	Jan. 15 Jan. 16 Jan. 17 Jan. 18 Jan. 20	--- <i>Pai Hu Shih Training (PHS members only)</i> Moh Pai Training & Applications Basic Skill Development & Self Defense (YMCA) Belt Level Knowledge, Forms, & Practice Sparring, Ground Defense, & Submission Hold Escapes	
	4	Sun. Jan. 22 Mon. Jan. 23 Tue. Jan. 24 Wed. Jan. 25 Fri. Jan. 27	Jan. 22 Jan. 23 Jan. 24 Jan. 25 Jan. 27	Weapons Defense Training --- <i>Pai Hu Shih Training (PHS members only)</i> Basic Skill Development & Self Defense (YMCA) Back to Basics <<< <b>WOMEN'S SELF-DEFENSE SEMINAR</b> >>>	
	5	Sun. Jan. 29 Mon. Jan. 30 Tue. Jan. 31 Wed. Feb. 1 Fri. Feb. 3	Jan. 29 Jan. 30 Jan. 31 Feb. 1 Feb. 3	Forms & Form Application, Personal Practice Back to Basics Basic Skill Development & Self Defense (YMCA) --- <i>Pai Hu Shih Training (PHS members only)</i> Sparring, Dealing with Multiple Attackers	
	FEBRUARY	1	Sun. Feb. 5 Mon. Feb. 6 Tue. Feb. 7 Wed. Feb. 8 Fri. Feb. 10	Feb. 5 Feb. 6 Feb. 7 Feb. 8 Feb. 10	Belt Level Knowledge, Forms, & Practice Weapons Defense Training Basic Skill Development & Self Defense (YMCA) Sparring, Ground Defense, & Submission Hold Escapes --- <i>Pai Hu Shih Training (PHS members only)</i>
		2	Sun. Feb. 12 Mon. Feb. 13 Tue. Feb. 14 Wed. Feb. 15 Fri. Feb. 17	Feb. 12 Feb. 13 Feb. 14 Feb. 15 Feb. 17	Moh Pai Training & Applications Belt Level Knowledge, Forms, & Practice Basic Skill Development & Self Defense (YMCA) Sparring, Dealing with Multiple Attackers Weapons Defense Training
		3	Sun. Feb. 19 Mon. Feb. 20 Tue. Feb. 21 Wed. Feb. 22 Fri. Feb. 24	Feb. 19 Feb. 20 Feb. 21 Feb. 22 Feb. 24	--- <i>Pai Hu Shih Training (PHS members only)</i> Moh Pai Training & Applications Basic Skill Development & Self Defense (YMCA) Belt Level Knowledge, Forms, & Practice Sparring, Ground Defense, & Submission Hold Escapes
		4	Sun. Feb. 26 Mon. Feb. 27 Tue. Feb. 28 Wed. Feb. 29 Fri. Mar. 2	Feb. 26 Feb. 27 Feb. 28 Feb. 29 Mar. 2	Weapons Defense Training --- <i>Pai Hu Shih Training (PHS members only)</i> Basic Skill Development & Self Defense (YMCA) Back to Basics Moh Pai Training & Applications
		1	Sun. Mar. 4 Mon. Mar. 5 Tue. Mar. 6 Wed. Mar. 7 Fri. Mar. 9	Mar. 4 Mar. 5 Mar. 6 Mar. 7 Mar. 9	Belt Level Knowledge, Forms, & Practice Weapons Defense Training Basic Skill Development & Self Defense (YMCA) Sparring, Ground Defense, & Submission Hold Escapes --- <i>Pai Hu Shih Training (PHS members only)</i>
		2	Sun. Mar. 11 Mon. Mar. 12 Tue. Mar. 13 Wed. Mar. 14 Fri. Mar. 16	Mar. 11 Mar. 12 Mar. 13 Mar. 14 Mar. 16	Moh Pai Training & Applications Belt Level Knowledge, Forms, & Practice Basic Skill Development & Self Defense (YMCA) Sparring, Dealing with Multiple Attackers Weapons Defense Training
		3	Sun. Mar. 18 Mon. Mar. 19 Tue. Mar. 20 Wed. Mar. 21 Fri. Mar. 23	Mar. 18 Mar. 19 Mar. 20 Mar. 21 Mar. 23	--- <i>Pai Hu Shih Training (PHS members only)</i> Moh Pai Training & Applications Basic Skill Development & Self Defense (YMCA) Belt Level Knowledge, Forms, & Practice Sparring, Ground Defense, & Submission Hold Escapes
4		Sun. Mar. 25 Mon. Mar. 26 Tue. Mar. 27 Wed. Mar. 28 Fri. Mar. 30	Mar. 25 Mar. 26 Mar. 27 Mar. 28 Mar. 30	Weapons Defense Training --- <i>Pai Hu Shih Training (PHS members only)</i> Basic Skill Development & Self Defense (YMCA) Back to Basics Moh Pai Training & Applications	