

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2012

1	2 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	3	4	5	6	7
8	9 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	10	11	12	13	14
15	16 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	17	18	19	20	21
22	23 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	24	25	26	27	28
29	30 Yokomenuchi (shihonage, ikkyo, kotegaeshi, iriminage, nikyo, sankyo, yonkyo) Also, bokken. Randori situations.	31				

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February 2012

			1 Yokomenuchi (shihonage, ikkyo, kotegaeshi, iriminage, nikyo, sankyo, yonkyo) Also, bokken. Randori situations.	2	3	4
5	6 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	7	8	9	10 Annual Winter Seminar	11 Annual Winter Seminar
12 Annual Winter Seminar	13 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	14	15	16	17	18
19	20 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	21	22	23	24	25
26	27 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	28	29			

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March 2012

1 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).

					2	3
4	5 Yokomenuchi nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	6	7	8	9	10
11	12 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	13	14	15	16	17
18	19 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	20	21	22	23	24
25	26 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	27	28	29	30	31