

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>April 2012</h1>					
1	2 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	3	4	5	6	7
8	9 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	10	11	12	13	14
15	16 Yokomenuchi (shihonage, ikkyo, kotegaeshi, iriminage, nikyo, sankyo, yonkyo) Also, bokken. Randori situations.	17	18	19	20	21
22	23 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	24	25	26	27	28
29	30 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.					

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 <h1 style="margin: 0;">May 2012</h1>						
		1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4	5
6	7 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	8	9	10	11	12
13	14 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	15	16	17	18	19
20	21 Yokomenuchi nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	22	23	24	25	26
27	28 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage (work also from standing)	29	30	31		

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					1	2
3	4 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	5	6	7	8	9
10	11 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	12	13	14	15	16
17	18 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	19	20	21	22	23
24	25 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	26	27	28	29	30



June 2012