

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4	5	6 Ukemi 10-11am Randori 11-noon
		<b>Kyu Tests</b>	<b>This Week</b>	<b>Kyu Tests</b>	<b>This Week</b>	
7	8 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	9	10	11	12	13 Ukemi 10-11am Randori 11-noon
14	15 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	16	17	18	19	20 Ukemi 10-11am Randori 11-noon
21	22 Yokomenuchi nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	23	24	25	26	27 Ukemi 10-11am Randori 11-noon
28	29 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage (work also from standing)	30				



# April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">May 2013</h1>						
			1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage (work also from standing)	2	3	4 Ukemi 10-11am Randori 11-noon
5	6 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	7	8	9	10	11 Ukemi 10-11am Randori 11-noon
12	13 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	14	15	16	17	18 Ukemi 10-11am Randori 11-noon
19	20 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	21	22	23	24	25 Ukemi 10-11am Randori 11-noon
26	27 Shomenuchi (ikkyo, nikyō, sankyō, yonkyō, iriminage) Possible randori situations.	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>June 2013</h1>					1 Ukemi 10-11am Randori 11-noon
2	3 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	4	5	6	7	8 Ukemi 10-11am Randori 11-noon
9	10 Yokomenuchi (shihonage, ikkyo, kotegaeshi, iriminage, nikyo, sankyo, yonkyo) Also, bokken. Randori situations.	11	12	13	14	15 Ukemi 10-11am Randori 11-noon
16	17 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	18	19	20	21	22 Ukemi 10-11am Randori 11-noon
23	24 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	25 <b>An Evening            with Cognard            Shihan</b>	26	27	28	29 Ukemi 10-11am Randori 11-noon
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