

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2014						
		1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage (work also from standing)	2	3	4 No Class! July 4 holiday	5 Ukemi 10-11am Randori 11-noon
6	7 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	8	9	10	11	12 Ukemi 10-11am Randori 11-noon
13	14 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	15	16	17	18	19 Ukemi 10-11am Randori 11-noon
20	21 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	22	23	24	25	26 Ukemi 10-11am Randori 11-noon
27	28 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	29	30	31		

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 August 2014						1 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations. 2 Ukemi 10-11am Randori 11-noon
3	4 Munetsuki (kotegaeshi, kaitennage) Bokken: holding and cutting.	5	6	7	8	9 Ukemi 10-11am Randori 11-noon OSU Festival Flagstaff
10	11 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	12	13	14	15	16 Ukemi 10-11am Randori 11-noon
17	18 Yokomenuchi (shihonage, ikkyo, kotegaeshi, iriminage, nikyo, sankyo, yonkyo) Also, bokken. Randori situations.	19 Kyu Tests	20 This Week	21 Kyu Tests	22 This Week	23 Ukemi 10-11am Randori 11-noon
24	25 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	26	27	28	29	30 Ukemi 10-11am Randori 11-noon
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September 2014						
	1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4 Annual Fall Mountain Camp Prescott	5 Annual Fall Mountain Camp Prescott	6 Annual Fall Mountain Camp Prescott
7 Annual Fall Mountain Camp Prescott	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				