

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2014						
			1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi iriminage (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, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	28	29	30	31	

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	November 2014					1 Ukemi 10-11am Randori 11-noon
	2 3 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	4	5	6	7	8 Ukemi 10-11am Randori 11-noon
	9 10 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	11	12	13	14	15 Ukemi 10-11am Randori 11-noon
	16 17 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	18 Kyu Tests	19 This Week	20 Kyu Tests	21 This Week	22 Ukemi 10-11am Randori 11-noon
	23 24 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	25	26	27 No Class Thanksgiving Day	28	29 Ukemi 10-11am Randori 11-noon
30						

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2014

	1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4	5 Alvarez Sensei Seminar	6 Alvarez Sensei Seminar
7 Alvarez Sensei Seminar	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 ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	23	24 No Class Christmas Eve	25 No Class Christmas Day	26	27 Ukemi 10-11am Randori 11-noon
28	29 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	30	31 No Class New Year's Eve	No Class New Year's Day		