

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2015

1
No Class
New Year's
Day

2 Hanmi handachi:
Katatedori
shihonage, Ryote
dori shihonage,
shomenuchi
irimigage (work also
from standing)

3 Ukemi 10-11am
Randori 11-noon

4

5 Suwariwaza
Shomenuchi ikkyo,
kata dori ikkyo,
yokomenuchi (work
also from standing
position)

6

7

8

9

10 Ukemi 10-11am
Randori 11-noon

11

12 Jiyu waza (free
technique): standing,
hanmi handachi and
suwariwaza

13

14

15

16

17 Ukemi 10-11am
Randori 11-noon

18

19 Tanto dori:
Munetsuki,
shomenuchi,
yokomenuchi.
Bokken tori tsuki,
shomenuchi

20

21

22

23

24 Ukemi 10-11am
Randori 11-noon

25

26 Shomenuchi
(ikkyo, nikyo, sankyo,
yonkyo, iriminage)
Possible randori
situations.

27

28

29

30

31 Ukemi 10-11am
Randori 11-noon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 February 2015						
1	2 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	3	4	5	6	7 Ukemi 10-11am Randori 11-noon
8	9 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	10	11	12	13 Annual Winter Seminar	14 Annual Winter Seminar
15 Annual Winter Seminar	16 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	17	18	19	20	21 Ukemi 10-11am Randori 11-noon Matsuri
22 Matsuri	23 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	24	25	26	27	28 Ukemi 10-11am Randori 11-noon

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March 2015

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

Kyu Tests This Week

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