

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# April 2015

5 Children's Class  
1:30 p.m. to  
2:45 p.m.

12  
**No Class  
Karate  
Seminar**

19 Children's Class  
1:30 p.m. to  
2:45 p.m.

26 Children's Class  
1:30 p.m. to  
2:45 p.m.

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

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

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

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

7

14

21

28

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

8

15

22

29

2

9

16

23

30

3

10

**No Class  
Karate  
Seminar**

17

24


4 Special Focus Class  
10:00 a.m.-11:00 a.m.  
Open Class  
11:00 a.m. - noon


11

**No Class  
Karate  
Seminar**

18 Special Focus  
Class  
10:00 a.m.-11:00 a.m.  
Open Class  
11:00 a.m. - noon

25 Special Focus  
Class  
10:00 a.m.-11:00 a.m.  
Open Class  
11:00 a.m. - noon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>May 2015</h1> </div>						
3 Children's Class 1:30 p.m. to 2:45 p.m.	4 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	5	6	7	1 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	2 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
10 Children's Class 1:30 p.m. to 2:45 p.m.	11 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	12	13	14	8	9 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
17 Children's Class 1:30 p.m. to 2:45 p.m.	18 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	19	20	21	15	16 Open class 10-11am Special Focus 11 am - noon Special Focus Class 10:00 a.m.-11:00 a.m.
24 Children's Class 1:30 p.m. to 2:45 p.m.	25 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	26	27	28	22	23 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
31 Children's Class 1:30 p.m. to 2:45 p.m.					29	30 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June 2015</h1>						
	1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4	5	6 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
7 Children's Class 1:30 p.m. to 2:45 p.m.	8 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	9	10	11	12	13 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
14 Children's Class 1:30 p.m. to 2:45 p.m.	15 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	16	17	18	19	20 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
21 Children's Class 1:30 p.m. to 2:45 p.m.	22 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	23	24	25	26	27 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
28 Children's Class 1:30 p.m. to 2:45 p.m.	29 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	30				