

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2015

			1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	2	3	4 No Class! July 4 holiday
5 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)	7	8	9	10	11 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
12 Children's Class 1:30 p.m. to 2:45 p.m.	13 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	14	15	16	17	18 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
19 Children's Class 1:30 p.m. to 2:45 p.m.	20 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	21	22	23	24	25 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
26 Children's Class 1:30 p.m. to 2:45 p.m.	27 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	28	29	30	31	

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Saturday



August 2015

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

3 Munetsuki
(kotegaeshi,
kaitennage, ikkyo)
Bokken: holding and
cutting.

4

5

6

7

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

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

10 Katate dori
(shihonage, ryote
mochi kokyu tanden
ho) Bokken: holding
and cutting.

11

12

13

14

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

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

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

17 Yokomenuchi
(shihonage,
kotegaeshi,
iriminage,
kokyunage) Also,
bokken. Randori
situations.

18

19

20

21

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

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

24 Kata dori (ikkyo,
nikyo) Kokyunage,
kata dori variations,
with munetsuki and
tanto tsuki.

25

26

27

28

Kyu Tests This Week

Kyu Tests This Week

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

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

31 Ryote dori
(tenchinage,
shihonage)
kotegaeshi, other
variations.

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September 2015

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