



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	2	3 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
4	5 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	6	7	8	9	10 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
11	12 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	13	14	15	16	17 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
18	19 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	20	21	22	23	24 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
25	26 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	27	28	29	30	31 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon

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November 2015

1	2 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	3	4	5	6 Garza Sensei Seminar	7 Garza Sensei Seminar
8	9 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	10	11	12	13	14 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
15	16 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.	17 Kyu Tests	18 This Week	19 Kyu Tests	20 This Week	21 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
22	23 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	24	25	26 No Class Thanksgiving Day	27	28 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
29	30 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.					

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December 2015

		1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4	5
6	7 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	8	9	10	11	12 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
13	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	21 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	22	23	24 No Class! Christmas Eve	25 No Class! Christmas Day	26 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
27	28 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	29	30	31 No Class! New Year's Eve	No Class! New Year's Day	

Alvarez Sensei Seminar

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