



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>January 2016</h1>				1 No Class! New Year's Day	2 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
	3 4 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	5	6	7	8	9 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
	10 11 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	12	13	14	15	16 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
	17 18 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	19	20	21	22	23 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
	24 25 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	26	27	28	29	30 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>February 2016</h1>						
	1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4	5	6 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
7	8 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	9	10	11	12 Annual Winter Seminar	13 Annual Winter Seminar
14 Annual Winter Seminar	15 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	16	17	18	19	20 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
21	22 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	23	24	25	26	27 Special Focus Class 10:00 a.m.-11:00 a.m. Open Class 11:00 a.m. - noon
28	29 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.					

Sunday

Monday

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Saturday



March 2016

		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	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	25	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		

Kyu Tests

This Week

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