



# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	2 Open Class 10:00 a.m. - noon
3	4 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	5	6	7	8	9 Open Class 10:00 a.m. - noon
10	11 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	12	13	14	15	16 Open Class 10:00 a.m. - noon
17	18 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	19	20	21	22	23 Open Class 10:00 a.m. - noon
24	25 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	26	27	28	29 <b>No Class!</b> <b>Karate</b> <b>Seminar</b>	30 Open Class 10:00 a.m. - noon



# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	3	4	5	6	7 Open Class 10:00 a.m. - noon
8	9 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	10	11	12	13	14 Open Class 10:00 a.m. - noon
15	16 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.	17	18	19	20	21 Open Class 10:00 a.m. - noon
22	23 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	24	25	26	27	28 Open Class 10:00 a.m. - noon
29	30 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	31				



# June 2016

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