

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2016

2

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

4

5

6

7
Zimron Sensei
Seminar at
Arizona
Budokan

8 No Class
Zimron Sensei
Seminar at
Arizona Budokan

9

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

11

12

13

14

15 No Class

16

No more
classes at Asian
Arts Center!

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

18

19

20

21

22 No Class

23

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

25

26

27

28

29 No Class

30

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

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November 2016

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

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December 2016

				1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.		
4 Alvarez Sensei Seminar	5 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	6	7	8	9	3 No Class Alvarez Sensei Seminar
11	12 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	13	14	15	16	10 No Class 17 No Class
18	19 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	20	21	22	23	24 No Class Christmas Eve
25 Christmas Day	26 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	27	28	29	30	31 No Class New Year's Eve