

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2017</h1>						
1 New Year's Day	2 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	3	4	5	6	7 No Class
8 1:30 p.m. Children's Class	9 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	10	11	12	13	14 No Class
15 1:30 p.m. Children's Class	16 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	17	18	19	20	21 No Class
22 1:30 p.m. Children's Class	23 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	24	25	26	27	28 No Class
29 1:30 p.m. Children's Class	30 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>February 2017</h1>						
			1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4 No Class
5 1:30 p.m. Children's Class	6 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	7	8	9	10	11 No Class
12 1:30 p.m. Children's Class	13 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	14	15	16	17 Annual Winter Seminar Shibata Sensei	18 Annual Winter Seminar Shibata Sensei
19 Annual Winter Seminar Shibata Sensei	20 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	21	22	23	24	25 No Class Matsuri
26 1:30 p.m. Children's Class Matsuri	27 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>March 2017</h1>						
			1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3	4 No Class
5 1:30 p.m. Children's Class	6 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	7	8	9	10	11 No Class
12 1:30 p.m. Children's Class	13 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	14	15	16	17	18 No Class
		Kyu Tests This Week		Kyu Tests This Week		
19 1:30 p.m. Children's Class	20 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	21	22	23	24	25 No Class
26 1:30 p.m. Children's Class	27 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	28	29	30	31	