

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# April 2017

2  
1:30 p.m.  
Children's Class

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

4

5

6

7

1 No Class

8 No Class

9  
1:30 p.m.  
Children's Class

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

11

12

13

14

15 No Class

16  
1:30 p.m.  
Children's Class

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

18

19

20

21

22 No Class

23  
1:30 p.m.  
Children's Class

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

25

26

27

28

29 No Class

30  
1:30 p.m.  
Children's Class

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# May 2017

	1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4	5	6 Aiki Workshop - 10:30 a.m. - 2:30 p.m.
7 1:30 p.m. Children's Class	8 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	9	10	11	12	13 No Class
14 1:30 p.m. Children's Class	15 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	16	17	18	19	20 No Class
21 1:30 p.m. Children's Class	22 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	23	24	25	26	27 No Class
28 1:30 p.m. Children's Class	29 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	30	31			

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# June 2017

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