

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 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
10:00 a.m. to noon
Weapon Arts

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

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

11

12

13

14

8
10:00 a.m. to noon
Weapon Arts

15
10:00 a.m. to noon
Weapon Arts

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

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

18

19

20

21

22
10:00 a.m. to noon
Weapon Arts

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

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

25

26

27

28

29
10:00 a.m. to noon
Weapon Arts

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

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

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August 2017

		1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4	5 10:00 a.m. to noon Weapon Arts
6 1:30 p.m. Children's Class	7 Katate dori (shihonage, ryote mochi kokyu tanden ho) Bokken: holding and cutting.	8	9	10	11	12 10:00 a.m. to noon Weapon Arts
13 1:30 p.m. Children's Class	14 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyunage) Also, bokken. Randori situations.	15 Kyu Tests	16 This Week	17 Kyu Tests	18 This Week	19 10:00 a.m. to noon Weapon Arts
20 1:30 p.m. Children's Class	21 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	22	23	24	25 Saotome Sensei at Redlands Aikikai thru 8/27	26 10:00 a.m. to noon Weapon Arts
27 1:30 p.m. Children's Class	28 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	29	30	31		

Sunday

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September 2017

3
1:30 p.m.
Children's Class

4 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.

5

6

7
**Fall Mountain
Camp in
Prescott**

1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.

8
**Fall Mountain
Camp in
Prescott**

2
10:00 a.m. to noon
Weapon Arts

9
**Fall Mountain
Camp in
Prescott**

10
**Fall Mountain
Camp in
Prescott**

11 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).

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14

15

16
10:00 a.m. to noon
Weapon Arts

17
1:30 p.m.
Children's Class

18 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.

19

20

21

22

23
10:00 a.m. to noon
Weapon Arts

24
1:30 p.m.
Children's Class

25 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)

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29

30
10:00 a.m. to noon
Weapon Arts