

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2017

| | | | | | | |
|----|---|----|----|----|----|----|
| 1 | 2 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position) | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations. | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting. | 31 | | | | |



November 2017

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



December 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|-----------|----------|--|----------|
| | | | | | 1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations. | 2 |
| 3 | 4 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations. | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.). | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki. | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 No Class 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 Day | | | | | |