

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2018

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

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# February 2018

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

4

5 Katate dori  
(shihonage, ryote  
mochi kokyū tanden  
ho) Bokken: holding  
and cutting.

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12 Yokomenuchi  
(shihonage,  
kotegaeshi,  
iriminage,  
kokyunage) Also,  
bokken. Randori  
situations.

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19 Kata dori (ikkyo,  
nikyo) Kokyunage,  
kata dori variations,  
with munetsuki and  
tanto tsuki.

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

27

28

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# March 2018

				1 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	2	3
4	5 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	6	7	8	9	10
		<b>Kyu Tests</b>	<b>This Week</b>	<b>Kyu Tests</b>	<b>This Week</b>	
11	12 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	13	14	15	16	17
18	19 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	20	21	22	23	24
25	26 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	27	28	29	30	31