

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October 2018</h1>						
	1 Suwariwaza Shomenuchi ikkyo, kata dori ikkyo, yokomenuchi (work also from standing position)	2	3	4	5	6 Weapon Arts Warmup Workshop
7	8 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	9	10	11	12	13 Weapon Arts
14	15 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	16	17	18	19	20 Weapon Arts
21	22 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	23	24	25	26	27 Weapon Arts
28	29 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	30	31			

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 <h1 style="text-align: center; color: blue;">November 2018</h1>						
				1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3 Weapon Arts
4	5 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	6	7	8	9	10 Weapon Arts
11	12 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.	13 Kyu Tests	14 This Week	15 Kyu Tests	16 This Week	17 Weapon Arts
18	19 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	20	21	22 No Class! Thanksgiving Day!	23	24 Weapon Arts
25	26 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>December 2018</h1>						1 Weapon Arts
2	3 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	4	5	6	7 Ikeda Sensei Seminar!	8 Ikeda Sensei Seminar!
9 Ikeda Sensei Seminar!	10 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	11	12	13	14	15 Weapon Arts
16	17 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	18	19	20	21	22 Weapon Arts
23	24 No Class! Christmas Eve!	25 No Class! Christmas Day!	26 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage (work also from standing)	27	28	29 Weapon Arts
30	31 No Class! New Years Eve!					