



# January 2019

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



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2 Weapon Arts
3	4 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	5	6	7	8	9 Weapon Arts
10	11 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.	12	13	14	15	16 Weapon Arts
17	18 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	19	20	21	22	23 Weapon Arts <b>Matsuri</b>
24 <b>Matsuri</b>	25 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	26	27	28		



# March 2019

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