



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Randori: Various forms of randori from beginning to advanced issues.	2	3	4	5	6 Weapon Arts
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				



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4 Weapon Arts
5	6 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.	7	8	9	10	11 Weapon Arts
12	13 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.	14	15	16	17	18 Weapon Arts
19	20 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	21	22	23	24	25 Weapon Arts
26	27 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Weapon Arts
2	3 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	4	5	6	7	8 Weapon Arts
9	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 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage. Suwariwaza	25	26	27	28	29 Weapon Arts
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June 2019