



July 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	31			



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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	14	15	16	17 Weapon Arts
		Kyu Tests	This Week	Kyu Tests	This Week	
18	19 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.	20	21	22	23	24 Special class on Aiki Taiso with Sharon Seymour, 5 th dan, Katsujinken Dojo
25	26 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	27	28	29	30	31 Weapon Arts



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.	3	4	5	6	7 Weapon Arts
8	9 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).	10	11	12	13	14 Weapon Arts
15	16 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.	17	18	19	20 Alvarez Sensei Seminar	21 Alvarez Sensei Seminar
22 Alvarez Sensei Seminar	23 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage. Suwariwaza	24	25	26	27	28 Weapon Arts
29	30 Randori: Various forms of randori from beginning to advanced issues.					