



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Class New Year's Day	2 Randori: Various forms of randori from beginning to advanced issues.	3 First of year keiko and potluck!	4 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
5 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.	6 Jiyu waza (free technique): standing, hanmi handachi and suwariwaza	7	8 Karate 8:00 p.m. to 9:00 p.m.	9	10	11 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
12 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.	13 Tanto dori: Munetsuki, shomenuchi, yokomenuchi. Bokken tori tsuki, shomenuchi	14	15 Karate 8:00 p.m. to 9:00 p.m.	16	17	18 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
19 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.	20 Shomenuchi (ikkyo, nikyo, sankyo, yonkyo, iriminage) Possible randori situations.	21	22 Karate 8:00 p.m. to 9:00 p.m.	23	24	25 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
26 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.	27 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	28	29 Karate 8:00 p.m. to 9:00 p.m.	30	31	



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Children's Aikido 10:30 a.m. to 11:30 a.m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>3 Katate dori (shihonage, ryote mochi kokyū tanden ho) Bokken: holding and cutting.</p>	4	<p>5 Karate 8:00 p.m. to 9:00 p.m.</p>	6	7	<p>1 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.</p>
<p>9 Children's Aikido 10:30 a.m. to 11:30 a.m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>10 Yokomenuchi (shihonage, kotegaeshi, iriminage, kokyūnage) Also, bokken. Randori situations.</p>	11	<p>12 Karate 8:00 p.m. to 9:00 p.m.</p>	13	14	<p>15 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.</p>
<p>16 Children's Aikido 10:30 a.m. to 11:30 a.m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>17 Kata dori (ikkyo, nikyo) Kokyunage, kata dori variations, with munetsuki and tanto tsuki.</p>	18	<p>19 Karate 8:00 p.m. to 9:00 p.m.</p>	20	21	<p>22 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.</p>
<p>23 Children's Aikido 10:30 a.m. to 11:30 a.m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>24 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.</p>	25	<p>26 Karate 8:00 p.m. to 9:00 p.m.</p>	27	28	<p>29 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.</p>



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Children's Aikido 10:30 a.m. to 11:30 a.m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>2 Ushiro ryokata dori ikkyo, Ushiro ryote dori shihonage, kotegaeshi, iriminage, variations.</p>	3	4	5	6	7 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
<p>8 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>9 Ushiro kubi shime kotegaeshi, sankyo, Ushiro waza kokyunage (ushiro tori, hiji tori, etc.).</p>	10	11	12	13	14 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
<p>15 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>16 Yokomenuchi ikkyo, nikyo, sankyo and yonkyo. Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki.</p>	17	18	19	20	21 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
<p>22 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>23 Hanmi handachi: Katatedori shihonage, Ryote dori shihonage, shomenuchi irimigage. Suwariwaza</p>	24	25	26	27	28 Karate 10:00 a.m.. to 11:00 a.m. Weapon Arts 11:00 a.m. to 12:00 p.m.
<p>29 Children's Aikido 10:30 a.m. to 11:30 a..m. Karate Open 11:30 a.m. to 12:30 p.m.</p>	<p>30 Randori: Various forms of randori from beginning to advanced issues.</p>	31				

Kyu Tests

This Week

Kyu Tests

This Week