

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2018

1

2 Suwariwaza
Shomenuchi ikkyo,
kata dori ikkyo,
yokomenuchi (work
also from standing
position)

3

4

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8

9 Jiyu waza (free
technique): standing,
hanmi handachi and
suwariwaza

10

11

12

13
Wendy
Whited
Seminar!

14
Wendy Whited
Seminar!

15

Wendy
Whited
Seminar!

16 Tanto dori:
Munetsuki,
shomenuchi,
yokomenuchi.
Bokken tori tsuki,
shomenuchi

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22

23 Shomenuchi
(ikkyo, nikyo, sankyo,
yonkyo, iriminage)
Possible randori
situations.

24

25

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30 Munetsuki
(kotegaeshi,
kaitennage, ikkyo)
Bokken: holding and
cutting.

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May 2018

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



June 2018

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