

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2018

1
Cognard
Sensei
Seminar!

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

3

4
No Class!
July 4!

5

6

7 Weapon Arts

8

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

10

11

12

13

14 Weapon Arts

15

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

17

18

19

20

21 Weapon Arts

22

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

24

25

26

27

28 Weapon Arts

29

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

31



August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Munetsuki (kotegaeshi, kaitennage, ikkyo) Bokken: holding and cutting.	2	3	4 Aikido Laboratory!
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 Kyu Tests	22 This Week	23 Kyu Tests	24 This Week	25 Weapon Arts
26	27 Ryote dori (tenchinage, shihonage) kotegaeshi, other variations.	28	29	30	31	



September 2018

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 (work also from standing)	25	26	27	28 Zimron Sensei?	29 Zimron Sensei?
30						