

January

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Ikkajo - KATATE MOCHI	Ikkajo - SHOMEN UCHI	N/A	Sword Basics; Pattern Drills
2	Ude Garami - YOKOMEN UCHI	Kaiten Nage - KATATE	N/A	Iwama Jo; Suburi/31-Count Kata, Sotai Dosa
3	Ikkajo - USHIRO RYOTE MOCHI	Kokyu Nage - TSUKI	N/A	Budokai Hanbo/Tanbo Jutsu
4	Ude Garami - KATA MOCHI	Kote Gaeshi - TSUKI	N/A	ZNIR Iaido - Mae Giri
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Misc. Weapons/Disarms

February

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Nikkajo - KATA MOCHI	Nikkajo - YOKOMEN UCHI	N/A	Sword Basics; Pattern Drills
2	Shihonage - KATATE MOCHI	Shihonage - USHIRO RYOTE MOCHI	N/A	Iwama Jo; Suburi/31-Count Kata, Sotai Dosa
3	Nikkajo - AYA KATATE MOCHI	Hiji Ate Nage - KATATE MOCHI	N/A	Budokai Hanbo/Tanbo Jutsu
4	Shihonage - HANMI-HANDACHI	Shihonage - YOKOMEN UCHI	N/A	ZNIR Iaido - Zengo Giri
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Jiyushinkai Aiki-Ken Kata 1

March

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Sankajo SHOMEN UCHI	Sankajo - USHIRO RYOKATA	N/A	Sword Basics; Pattern Drills
2	SOKOMEN Iriminage -	Iriminage	N/A	Iwama Jo; Suburi/31-Count Kata, Sotai Dosa
3	Sankajo - USHIRO RYOHIJI	Hiji Shime	N/A	Budokai Hanbo/Tanbo Jutsu
4	Iriminage	Iriminage	N/A	ZNIR Iaido - Kiri Age
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Misc. Weapons/Disarms

April

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Yonkajo	Juji Nage	N/A	Sword Basics; Pattern Drills
2	Tenchinage	Tenchinage	N/A	Iwama Jo; Suburi/31-Count Kata, Sotai Dosa
3	Yonkajo	Hiji Shime	N/A	Budokai Hanbo/Tanbo Jutsu
4	Kaiten Nage	Kaiten Nage	N/A	ZNIR Iaido - Shiho Giri
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Jiyushinkai Aiki-Ken Kata 2

May

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Kote Gaeshi	Kote Gaeshi	N/A	Sword Basics; Pattern Drills
2	Hiji Ate Nage	Koshi Nage	N/A	Iwama Jo; Suburi/31-Count Kata, Sotai Dosa
3	Sumi Otoshi	Juji Nage	N/A	Budokai Hanbo/Tanbo Jutsu
4	Kokyu Nage	Kokyu Nage	N/A	ZNIR Iaido - Kissaki Gaeshi
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Jiyushinkai Aiki-Ken Kata 1

June

Week	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	Test Review	Test Review	N/A	Test Review
2	Test Review	Test Review	N/A	Test Review
3	Test Review	Test Review	N/A	Test Review
4	Test Review	Test Review	N/A	Kyu/Dan Testing
5	Budokai Goshin Jutsu	Budokai Goshin Jutsu	N/A	Misc. Weapons/Disarms