

## Hinode Training Schedule – February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 5:30 to 6:30pm - kobudo	2	3 5:30 to 7:00pm – all levels	4	5 5:30 to 6:30pm - all levels 6:30 to 7:00pm - black belt	6	7 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
8 5:30 to 6:30pm - kobudo	9	10 5:30 to 7:00pm – all levels	11	12 5:30 to 6:30pm - all levels 6:30 to 7:00pm - black belt	13	14 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
15 5:30 to 6:30pm - kobudo	16	17 5:30 to 7:00pm – all levels	18	19 5:30 to 6:30pm - all levels 6:30 to 7:00pm - black belt	20	21 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
22 5:30 to 6:30pm - kobudo	23	24 5:30 to 7:00pm – all levels	25	26 5:30 to 6:30pm - all levels 6:30 to 7:00pm - black belt	27	28 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk

**Katas of the month – Although other katas will be practiced, these katas will be focused on during the course of training for the month of February:**

**Advanced (black belt only) – Sochin / Kanku Sho**

**Intermediate (brown and Black) – Jutte / Basai Dai**

**Beginner – Heian Godan**