

Hinode Training Schedule – July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Black Belt Class Cancelled For Okazaki Seminar 5:30 to 6:30pm - all levels 6:30 to 7:30pm – black belt	3	4 Classes Cancelled For Sensei Okazaki Seminars 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
5 5:30 to 6:30pm - kobudo	6	7 5:30 to 7:00pm – all levels	8	9 5:30 to 6:30pm - all levels 6:30 to 7:30pm - black belt	10	11 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
12 5:30 to 6:30pm - kobudo	13	14 5:30 to 7:00pm – all levels	15	16 5:30 to 6:30pm - all levels 6:30 to 7:30pm - black belt	17	18 Classes Adjusted For St Johns Ambulance 5:00 to 6:30pm – all levels
19 5:30 to 6:30pm - kobudo	20	21 5:30 to 7:00pm – all levels	22	23 5:30 to 6:30pm - all levels 6:30 to 7:30pm - black belt	24	25 4:00 to 5:00pm – all levels 5:00 to 6:00pm – brn & blk
26 5:30 to 6:30pm - kobudo	27	28 5:30 to 7:00pm – all levels	29	30 5:30 to 6:30pm - all levels 6:30 to 7:30pm - black belt	31 Hinode Annual BBQ Details at the dojo	

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 July:

Advanced (black belt only) – Nijushiho / Tekki Nidan

Intermediate (brown and Black) – Empi

Beginner – Heian Godan