

Hinode Training Schedule – March 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 - 21 Shotokan Karate Seminars by Sensei Yutaka Yaguchi Thursday, March 18/10 to Sunday, March 21/10 – Vancouver, British Columbia Saturday, March 20/10 – 10:00am to 12:00 noon at the Hinode Dojo *** Regular Hinode Classes (Fri, March 19 and Sun, March 21) are cancelled ***			
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
29 5:30 to 6:30pm - kobudo	30	31 5:30 to 7:00pm – all levels				

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 March:

Advanced (black belt only) – **Kanku Sho / Tekki Nidan**

Intermediate (brown and Black) – **Bassai Dai**

Beginner – **Heian Shodan to Godan**