

## Hinode Training Schedule - January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <b>Classes Cancelled</b> <i>Happy New Year</i>
2	3	4 7:30 to 8:30pm – all levels 8:30 to 9:30pm – kobudo	5	6 5:30 to 6:45pm – all levels 6:45 to 7:30pm – black belt only	7	8 4:00 to 4:50pm – all levels 4:50 to 5:10 – strength & conditioning 5:10 to 6:00pm – brn & blk
9	10	11 7:30 to 8:30pm – all levels 8:30 to 9:30pm – kobudo	12	13 5:30 to 6:45pm – all levels 6:45 to 7:30pm – black belt only	14	15 4:00 to 4:50pm – all levels 4:50 to 5:10 – strength & conditioning 5:10 to 6:00pm – brn & blk
16	17	18 7:30 to 8:30pm – all levels 8:30 to 9:30pm – kobudo	19	20 5:30 to 6:45pm – all levels 6:45 to 7:30pm – black belt only	21	22 4:00 to 4:50pm – all levels 4:50 to 5:10 – strength & conditioning 5:10 to 6:00pm – brn & blk
23	24	25 7:30 to 8:30pm – all levels 8:30 to 9:30pm – kobudo	26	27 5:30 to 6:45pm – all levels 6:45 to 7:30pm – black belt only	28	29 4:00 to 4:50pm – all levels 4:50 to 5:10 – strength & conditioning 5:10 to 6:00pm – brn & blk
30	31					

**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 December**

Advanced (black belt only) – **Tekki Nidan / Nijushiho**

Intermediate (brown and Black) – **Hangetsu**

Beginner – **Heian Kata**