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| Date | Time | Kata |
| Oct 4  | 6:15 pm6:30-7:558:05-9:30 | Open Warm upNage no kata – Forms of Throwing * Key Principles or Points
* Opening Ceremony
* Set One - Tewaza

Goshin Jutsu – Forms of Self Defence* Key Principles or Points
* Opening Ceremony with weapons (provided)
* Unarmed Attacks – Start with Ryote dori
 |
| Oct 11 | No Session |  |
| Oct 18 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upNage no kata – * Review
* Set Two – Koshi waza
* Start Set Three – Ashi waza

Goshin Jutsu – * Review
* Unarmed Attacks – Continue
 |
| Oct 25 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upNage no kata – * Finish Set Three – Ashi waza
* Demonstrate 3-set nage no kata and evaluate

Goshin Jutsu – * Unarmed Attacks – Finish with Yoko Geri
* Demonstrate Against Unarmed Attack and evaluate
 |
| Nov 1 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upNage no kata – * Set Four – Ma Sutemi waza

Goshin Jutsu – * Armed Attacks – Start with Knife (all weapons will be provided)
 |
| Nov 8 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upNage no kata – * Set Five – Yoko Sutemi waza
* Demonstrate 5-set nage no kata and evaluate

Goshin Jutsu – * Armed Attacks – Finish with Gun (all weapons will be provided)
* Demonstrate Against Armed Attack and evaluate
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| Nov 15 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upKatame no kata – * Key Principles or Points
* Opening Ceremony
* Start Osaekomi waza – Hon kesa gatame

Kime no kata* Key Principles or Points
* Opening Ceremony
* Start with Idori – Ryote dori
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| Nov 22 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upKatame no kata – * Finish Osaekomi waza – Kuzure Kami shiho gatame
* Shime waza

Kime no kata* Continue Idori
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| Nov 29 | 6:15 pm6:30-7:558:05-9:30 | Open Warm upKatame no kata – * Kansetsu Waza
* Closing Ceremony

Kime no kata* Finish Idori – Yoko tsuki (all weapons will be provided)
 |
| Dec 6 | 6:15 pm6:30-8:30 | Open Warm upItsutsu no kata – * Key Principles or Points
* Sets One to Five
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|  |  | References:**Kodokan Videos:**Nage no kata: <https://www.youtube.com/watch?v=m3XzJFuWwss>Goshin Jutsu: <https://www.youtube.com/watch?v=o8MlGidQY-4>Katame no kata: https://www.youtube.com/watch?v=TXmWKs4A1dkKime no kata: <https://www.youtube.com/watch?v=87wK1UktrAY>Ju no kata: <https://www.youtube.com/watch?v=mHzcvAjZ7mU>**2018 Kodokan Video:** https://www.youtube.com/watch?v=hAIZLa0A3hc |