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| Date | Time | Kata |
| Oct 4 | 6:15 pm  6:30-7:55  8:05-9:30 | Open Warm up  Nage 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 pm  6:30-7:55  8:05-9:30 | Open Warm up  Nage no kata –   * Review * Set Two – Koshi waza * Start Set Three – Ashi waza   Goshin Jutsu –   * Review * Unarmed Attacks – Continue |
| Oct 25 | 6:15 pm  6:30-7:55  8:05-9:30 | Open Warm up  Nage 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 pm  6:30-7:55  8:05-9:30 | Open Warm up  Nage no kata –   * Set Four – Ma Sutemi waza   Goshin Jutsu –   * Armed Attacks – Start with Knife (all weapons will be provided) |
| Nov 8 | 6:15 pm  6:30-7:55  8:05-9:30 | Open Warm up  Nage 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 pm  6:30-7:55  8:05-9:30 | Open Warm up  Katame 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 |
| Nov 22 | 6:15 pm  6:30-7:55  8:05-9:30 | Open Warm up  Katame no kata –   * Finish Osaekomi waza – Kuzure Kami shiho gatame * Shime waza   Kime no kata   * Continue Idori |
| Nov 29 | 6:15 pm  6:30-7:55  8:05-9:30 | Open Warm up  Katame no kata –   * Kansetsu Waza * Closing Ceremony   Kime no kata   * Finish Idori – Yoko tsuki (all weapons will be provided) |
| Dec 6 | 6:15 pm  6:30-8:30 | Open Warm up  Itsutsu no kata –   * Key Principles or Points * Sets One to Five |
|  |  | 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=TXmWKs4A1dk  Kime 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 |