

Vecka	Attackform	Jo/Bokken
1	Ushiro: Katatekubishime, Eridori, Hagaishime, Kakae	Jo Suburi 11-20 i rörelse
2	Tsuki, Geri, Ryotedori	Jo Kata 31
2		Bokken Suburi 1-7
3	Aihanmi-katatedori	Bokken 2-4-8 riktningar
4	Shomenuchi	Bokken Awase 1-7
5	Yokomenuchi	Jo Suburi 1-10
6	Gyakohanmi-katatedori	Jo Suburi 11-20
7	Katadori, Sodedori	Kummitachi 1-5
8	Munadori, Hijidori	Jo Kata 13
9	Tsuki, Geri	Jo Kata 31
10	Ushiro: ryotedori, ryokatadori, ryohijidori	Jo Kata 22
11	Katate ryote dori	Jo Awase 1-8
12	Katadori-menuchi	Shin Kummi Jo 1-10
13	Ryo kata dori	Kummitachi 1-5
14	Ryote dori	Ki-Musubi-no-Tachi
15	Ai hanmi-katate dori	Bokken Suburi 1-7
16	Shomen uchi	Bokken 2-4-8 riktningar
16	Shomen uchi	Bokken 2-4-8 riktningar
17	Yokomen uchi	Bokken Awase 1-7
18	Gyako hanmi-katate dori	Kummi Jo 1-10
19	Ushiro: ryote dori, ryokata dori, ryohiji dori	Jo Suburi 1-10 i rörelse
20	Ushiro: Katate kubi shime, Eri dori, Hagai shime, Kakae	Jo Suburi 11-20 i rörelse
21	Tsuki, Geri	Jo Kata 31
22	Katateriyotedori	Jo Awase 1-8
34	Ryotedori	Bokken Suburi 1-7
35	Aihanmi-katatedori	Bokken 2-4-8 riktningar
36	Shomenuchi	Bokken Awase 1-7
37	Yokomenuchi	Jo Suburi 1-10
38	Gyakohanmi-katatedori	Jo Suburi 11-20
39	Katadori, Sodedori	Kummitachi 1-5
40	Munadori, Hijidori	Jo Kata 13
41	Tsuki, Geri	Jo Kata 31
42	Ushiro: ryotedori, ryokatadori, ryohijidori	Jo Kata 22
43	Katateriyotedori	Jo Awase 1-8
44	Katadori-menuchi	Shin kummi Jo 1-10
45	Ryokatadori	Kummitachi 1-5
46	Ryotedori	Ki-Musubi-no-Tachi
47	Aihanmi-katatedori	Bokken Suburi 1-7
48	Shomenuchi	Bokken 2-4-8 riktningar
49	Yokomenuchi	Bokken Awase 1-7
50	Gyakohanmi-katatedori	Shin Kummi Jo 1-10
51	Ushiro: ryotedori, ryokatadori, ryohijidori	Jo Suburi 1-10 i rörelse