



Aiki Kunren Dojo

Aikido Iwama Style

WEEKLY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (weapons)	18:30-19:30 hrs Bukiwasa (weapons)		07:00-08:00 Bukiwaza (weapons)	
	19:30-20:30 hrs Taijutsu (empty hand)	19:30-20:30 hrs Taijutsu (empty hand)	19:30-20:30 hrs Taijutsu (empty hand)		08:00-09:00 Taijutsu (empty hand)	