

Suggested Tuesday Format

1. 7:30 pm start warm up, stretching, suburi.
 2. Footwork drills until approx.. 8:00 pm
 3. All members mokuso and bow in
 4. 8:00 pm – 8:25 pm Kihon keiko led by G. Mikuni sensei or in his absence, 1st assigned instructor. Sensei and selected sempai motodachi. All members participate including beginners with and without bogu. Very new beginners practice footwork and suburi led by second and third assigned instructors until they feel they can be integrated with other members.
 5. 8:25 – 8:45 pm Gigeiko. All members with emphasis on beginners and children. Advanced members may practice with each other at bottom side of dojo.
 6. 8:45 pm Break – All members line up, remove men and bow out for 5 minute break. Beginners and young children may depart.
 7. 8:50 pm Line up and bow in. Put on men.
 8. Keiko with sensei until 9:30 pm.
- Note: First Tuesday of every month is kata practice. All members have been informed they need bokuto. Kata practice, including short warmup begins at 7:30 pm. Kata practice ends at 8:30 pm. Beginners and young children may depart at this time but are encouraged to remain. 8:30 – 9:30 pm kihon and gigeiko as determined by lead instructor.