

Time	Instructor Says:	Action
06:00 Pre-class Warmup		Pre-class warmup. Strongly recommended to avoid starting cold.
06:30 Stretches / Warmup		Always: Common Start
Taiso		Students line up in circle
Rei		All bow
Taito		Shinai to hip
Nuki-to		Walk 3 steps, draw in sonkyo, place shinai in circle. Stand up and retreat with 5 steps.
Repeated counts in Japanese (instructor in bold)	1,2...3,4...5,6...7,8...2,2...3,4...5,6...7,8...3,2...3,4...5,6...7,8...	Always: Common Stretches
		Do the following stretches: Ankle rotations Knee rotations Left Achilles stretch Left Groin Stretch Right Achilles Stretch Right Groin Stretch Left Leg Stretch Right Leg Stretch Left Calf Stretch Right Calf Stretch Legs wide, touch ground and sky Swing Arms and waist side to side Rotate Shoulders Stretch Left Arm Across Body Stretch Right Arm Across Body Extend arms, tight finger grips Extend arms, loose finger opening Overhead left tricept stretch Overhead right tricept stretch Neck up and down Neck right and left Neck half circles Bounce on feet Jumping jacks
Shinai o motte		3 steps, kneel on left knee, pick up shinai, form sonkyo/chudan, stand up, retreat 5 steps
Jogei suburi, Naname suburi, san-ju kai. Hajime		Always: Common Exercises
Katate suburi, san-ju kai. Hajime		30 Large motion swinging. Then 30 Left/Right Large motion swinging.
Shomen suburi, Sayumen suburi san-ju kai. Hajime		30 Left hand only swinging
Hayasuburi, go-ju kai. Hajime.		30 Basic men, then basic men right/left.
<i>Shin Kyo Kyu</i>		50 fast cuts.
		3-5 resting squats to regain breath. Do as required between add'l exercises.
Hidari Hayasuburi, go-ju kai. Hajime.		Optional: Additional Exercises (Don't do them all !!)
Sonkyo suburi, ni-ju kai. Hajime.		50 fast cuts, left leg forward and in jodan
Lunge suburi, san-ju kai. Hajime.		20 Squat/stand cuts. Start in sonkyo with shinai in jodan.
Hayasuburi left and right, go-ju kai. Hajime.		30 Lunge cuts, alternating right/left leg.
"Star" suburi, 2 times. Hajime.		50 fast cuts, alternating right/left side of men
Sonkyo suburi, ni-ju kai. Hajime.		32 shomen cuts (2 cycles of 16): 2F, 2B, 2B, 2F, 2R, 2L, 2L, 2R
		20 Squat cuts. Stay in sonkyo and bounce back and front.
Osame-to		Always: Common Exercise Ending
		While in sonkyo, put shinai to hip, stand up, 5 steps back and bow. All say "Arigato gozaimashita" (Thank-you very much)

Time	Instructor Says:	Action	
06:45	Formal Line-up	Always: Common Formal Start	
		Sei retsu	Line up. One arm length apart. Shinai in left hand. Bokken in right hand.
		Seiza	Kneel. Take line off person to your left. Tsuba at knee. Blade in. Mens lined up.
		Ki o tsuke	Attention
		Mokuso	Meditate. Think of a goal for the class. ie. Better kiai. Better feet. Etc.
		Mokuso yame	Stop meditation.
		Shomen ni rei	Bow to front of dojo
		Rei ("Sensei ni rei" if sensei present, then "Rei")	Bow to class. All say "Onegai shimasu" ... Please let's practice.
	Men o tsuke	Put on men and standup when sempai is ready. (Do this later if you are doing kata first.)	
06:50	Kata/Kihon/Waza	All line up in pairs.	
		Optional: 10 minutes of Kata Practice (then put on Men/Kote.)	
		Optional: 10 minutes of Kihon Waza Practice (then put on Men/Kote.)	
		Optional: 10 minutes of Footwork. Suri ashi, Fumi komi ashi, Shomen with huge steps.	
		Kiri-kaeshi	Always: Kiri-kaeshi (2 times or more.)
			Always: Basic Waza (5 times slow. Or 5 slow, 5 fast.) Optionally, every few days insert 90 seconds of ji-geiko after each.
		Big Men x times	Big Men
		Big Kote x times	Big Kote
		Big Do x times	Big Do
		Big Kote, Men x times	Big Kote, Men
	Big Kote, Do x times	Big Kote, Do	
		Always: Several Advanced Small Waza (5 times slow.). Pick a few from list below. Optionally, every few days insert 90 seconds of ji-geiko after each.	
	Men debana men x times	Men debana men	
	Men debana kote x times	Men debana kote	
	Men Tai-atari men x times	Men Tai-atari men	
	Men Tai-atari kote x times	Men Tai-atari kote	
	Men Tai-atari do x times	Men Tai-atari do	
	Opponent hits kote, you evade (nuki. Kaeshi, harau etc.) and hit men. x times	Opponent hits kote, you evade (nuki. Kaeshi, harau etc.) and hit men.	
	Kakari-geiko. 10 hits, the partner counts.	Always: Kakari-geiko. Each partner does once for 10 hits. Do for 1-3 partners.	
		Optional: Other techniques and training.	
~7:30 to 7:45	Ji-geiko	Ji-geiko.	Always: Ji-geiko. This could optionally be Shiai-geiko.
08:00	Finish Practice	Kamaete "line up in centre facing a partner, perform kamae"	
		Kiri-kaeshi	Optional: Kiri-kaeshi one time.
		Sonkyo	Squat facing a partner
		Osame-to	While in sonkyo, put shinai to hip, stand up, 5 steps back and bow. All say "Arigato gozaimashita" (Thank-you very much)
Formal Close	Sei retsu	Line up. One arm length apart. Shinai in left hand. Bokken in right hand.	
	Seiza	Kneel. Take line off person to your left. Tsuba at knee. Blade in. Mens lined up.	
	Ki o tsuke	Attention	
	Men o tore	Take off Men/Kote. Line it up straight.	
	Mokuso	Meditate. Think of a goal for the class. ie. Better kiai. Better feet. Etc.	
	Mokuso yame	Stop meditation.	
	Shomen ni rei	Bow to front of dojo	
	Rei. If sensei present, "Sensei ni rei" (bow to sensei), then "Rei"	Bow to class. All say "Arigato gozaimashita" ... Thank-you..	
		Stand up and form a circle, then kneel again.	
	Rei	Bow to each other.	