

September 2017

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|----|----|------------------------------|--|
| MA | 4 | Programma wit | |
| DO | 7 | Karate (basis) | |
| MA | 11 | O goshi / Ippon Seoi Nage | |
| DO | 14 | Kanteltechnieken grond | |
| MA | 18 | Ju Jitsu Do Kata (serie 1+2) | |
| DO | 21 | Waki gatame/garame | |
| MA | 25 | Blauw (zonder wapens) | |
| DO | 28 | Karate (randori afstand) | |

Oktober 2017

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| MA | 2 | O soto gari / O soto otoshi | |
| DO | 5 | Kote gaeshi | |
| MA | 9 | Ne waza (houdgrepen) | |
| DO | 12 | Karate (combinaties) | |
| MA | 16 | Oranje (aanval pols/mouw/revers) | |
| DO | 19 | Grond oefeningen (wit + geel) | |
| MA | 23 | Programmatraining & Examen | |
| DO | 26 | Heian Shodan (+ oefeningen erop) | |
| MA | 30 | Blauw (stok) | |