

Newtown Dojo - 10 week session plan



Week 1	Week 2	Week 3	Week 4	Week 5
Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate
Friday 6.30 - 8.00 Judo 8.00 - 9.30 Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Advanced Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Advanced Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Iai Jutsu Bo Jutsu Jo Jutsu

Week 6	Week 7	Week 8	Week 9	Week 10
Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate	Wednesday 6.30 - 8.00 Judo 8.00 - 9.30 Karate
Friday 6.30 - 8.00 Judo 8.00 - 9.30 Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Advanced Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Advanced Jujutsu	Friday 6.30 - 8.00 Judo 8.00 - 9.30 Iai Jutsu Bo Jutsu Jo Jutsu