Schedule Course 2019

Missing Link Martial Arts UK – Manchester

Lesson 1 - 36	Topic
1	Tsuki Mae Geri Ukemi Waza ShoShin Renzoku Waza Reaping leg throw **Beginner's Induction concept**
2	**The Shodan Cycle #1** Techniques and ideas Homework: Practising and repeating.
3	**The Shodan Cycle #2** Techniques and ideas Homework: Practising and repeating.
4	**Heian Shodan** – Kata and Bunkai
5	**The Shodan Cycle #3** Techniques and ideas Homework: Practising and repeating.
6	**Bumon** #1 Following the book by Sascha Wagener. Step by step dive into Martial Arts Theory.
7	**Nana Kumite**

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8	**Ukemi Waza** **Nage Waza**
9	**The Nidan Cycle #1** Techniques and ideas Homework: Practising and repeating.
10	**The Nidan Cycle #2** Techniques and ideas Homework: Practising and repeating.
11	**Heian Nidan and Bunkai**
12	**Ukemi Waza** **Nage Waza** **Ne Waza**
13	**The Nidan Cycle #3** Techniques and ideas Homework: Practising and repeating.
14	**First Aid** Basics
15	**The Sandan Cycle #1** Techniques and ideas Homework: Practising and repeating.
16	**The Sandan Cycle #2** Techniques and ideas Homework: Practising and repeating.

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17	**Heian Sandan** and Bunkai
18	**The Sandan Cycle #3** Techniques and ideas Homework: Practising and repeating.
19	**Kata repetition:** **Heian Shodan** **Heian Nidan** **Heian Sandan**
20	**Bumon #2** Following the book by Sascha Wagener. Step by step dive into Martial Arts Theory.
21	**Bassai Dai** form, only glimpses of Bunkai
22	**Tekki Shodan** Form, Bunkai ideas
23	**The Yondan Cycle #1** Techniques and ideas Homework: Practising and repeating.
24	**The Yondan Cycle #2** Techniques and ideas Homework: Practising and repeating.
25	**Heian Yondan** and bunkai

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26	**Kakie**
27	**The Yondan Cycle #3** Techniques and ideas Homework: Practising and repeating.
28	**Violence prevention** What is violence? Why are we on the bleeding edge of society with what we do?
29	**The Godan Cycle #1** Techniques and ideas Homework: Practising and repeating.
30	**The Godan Cycle #2** Techniques and ideas Homework: Practising and repeating.
31	**Heian Godan** and bunkai
32	**Nijushio** Form and only glimpses of Bunkai
33	**The Godan Cycle #3** Techniques and ideas Homework: Practising and repeating.
34	**Kata repetition**
35+36	**Repetition all cycles**