

Timing	month	January					February				March				April				May				June					
	calendar week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
Macro Cycle	Building up all-in fighting and pad-work based on Heian Yondan, Nijushiho and Wankan																											
Meso Cycles	Regain condition and learning practical applications from Heian Yondan										Learning applications from Nijushiho and gain close combat capabilities							Learning applications from Wankan and gain ground work capabilities						All-In Fighting and Pad-Drills				
Micro Cycles	Start learning applications and core conditioning		Applications with Pad-Work and core conditioning			Heian Yondan full kata application drill with variations and cardio conditioning				Start learning applications and cardio conditioning with pad-work		Close combat with elbow strikes from Nijushiho and cardio conditioning		Close combat including all Nijushiho applications and cardio conditioning			Start learning applications and core and cardio conditioning		Vertical pad-work and groundfighting reflecting Wankan principles; core and cardio conditioning adding anaerobic elements				Gradually built up all-in fighting and pad-drills with power and fitness development					