

| septembre 2025 |          |           | octobre 2025 |                                                 |               | novembre 2025 |                                            |                   | décembre 2025 |               |                  | janvier 2026 |                                |                     |
|----------------|----------|-----------|--------------|-------------------------------------------------|---------------|---------------|--------------------------------------------|-------------------|---------------|---------------|------------------|--------------|--------------------------------|---------------------|
| lun.1          |          |           | mer.1        |                                                 |               | sam.1         | Férialé                                    |                   | lun.1         |               |                  | jeu.1        | Férialé                        |                     |
| mar.2          |          |           | jeu.2        |                                                 |               | dim.2         | Stage GHAAN                                | 49 Trélazé        | mar.2         |               |                  | ven.2        |                                |                     |
| mer.3          |          |           | ven.3        |                                                 |               | lun.3         |                                            |                   | mer.3         |               |                  | sam.3        |                                |                     |
| jeu.4          |          |           | sam.4        | 24 h Aikido                                     | 44            | mar.4         |                                            |                   | jeu.4         |               |                  | dim.4        |                                |                     |
| ven.5          |          |           | dim.5        |                                                 |               | mer.5         |                                            |                   | ven.5         |               |                  | lun.5        |                                |                     |
| sam.6          |          |           | lun.6        |                                                 |               | jeu.6         |                                            |                   | sam.6         |               |                  | mar.6        |                                |                     |
| dim.7          |          |           | mar.7        |                                                 |               | ven.7         |                                            |                   | dim.7         |               |                  | mer.7        |                                |                     |
| lun.8          |          |           | mer.8        |                                                 |               | sam.8         | Stage Wakai (jeunes)                       | 72 JCM Le mans    | lun.8         |               |                  | jeu.8        |                                |                     |
| mar.9          |          |           | jeu.9        |                                                 |               | dim.9         | Stage YUDANSHA                             | 72 JCM Le mans    | mar.9         |               |                  | ven.9        |                                |                     |
| mer.10         |          |           | ven.10       |                                                 |               | lun.10        |                                            |                   | mer.10        |               |                  | sam.10       | Stage YUDANSHA                 | 44 Nort sur Erdre   |
| jeu.11         |          |           | sam.11       | Initiation Aikido SRIAS                         | PdL           | mar.11        | Férialé                                    |                   | jeu.11        |               |                  | dim.11       |                                |                     |
| ven.12         |          |           | dim.12       |                                                 |               | mer.12        |                                            |                   | ven.12        |               |                  | lun.12       |                                |                     |
| sam.13         |          |           | lun.13       |                                                 |               | jeu.13        |                                            |                   | sam.13        |               |                  | mar.13       |                                |                     |
| dim.14         |          |           | mar.14       |                                                 |               | ven.14        |                                            |                   | dim.14        | Stage SHOSHIN | 44 Saint Nazaire | mer.14       |                                |                     |
| lun.15         |          |           | mer.15       |                                                 |               | sam.15        | ART to Play                                | 44                | lun.15        |               |                  | jeu.15       |                                |                     |
| mar.16         |          |           | jeu.16       |                                                 |               | dim.16        | ART to Play                                | 44                | mar.16        |               |                  | ven.16       |                                |                     |
| mer.17         |          |           | ven.17       |                                                 |               | lun.17        |                                            |                   | mer.17        |               |                  | sam.17       | CODEP 72 B Si Guesmi           | 72 changé           |
| jeu.18         |          |           | sam.18       | Stage Nat Ecole des Cadres G Colonge/JM Michaud | 49 Pont de Cé | mar.18        |                                            |                   | jeu.18        |               |                  | dim.18       | CODEP 72 B Si Guesmi           | 72 changé           |
| ven.19         |          |           | dim.19       | Stage Nat Ecole des Cadres G Colonge/JM Michaud | 49 Pont de Cé | mer.19        |                                            |                   | ven.19        |               |                  | lun.19       |                                |                     |
| sam.20         |          |           | lun.20       |                                                 |               | jeu.20        |                                            |                   | sam.20        |               |                  | mar.20       |                                |                     |
| dim.21         |          |           | mar.21       |                                                 |               | ven.21        |                                            |                   | dim.21        |               |                  | mer.21       |                                |                     |
| lun.22         |          |           | mer.22       |                                                 |               | sam.22        | MOD 1 BF R Duffours                        | 44 Goulaine       | lun.22        |               |                  | jeu.22       |                                |                     |
| mar.23         |          |           | jeu.23       |                                                 |               | dim.23        | MOD 1 BF R Duffours                        | 44 Goulaine       | mar.23        |               |                  | ven.23       |                                |                     |
| mer.24         |          |           | ven.24       |                                                 |               | lun.24        |                                            |                   | mer.24        |               |                  | sam.24       | Stage Wakai (jeunes) /MOD 2 BF | 44Sautron/ Goulaine |
| jeu.25         |          |           | sam.25       |                                                 |               | mar.25        |                                            |                   | jeu.25        |               |                  | dim.25       | MOD 2 BF                       | 44 Goulaine         |
| ven.26         |          |           | dim.26       |                                                 |               | mer.26        |                                            |                   | ven.26        |               |                  | lun.26       |                                |                     |
| sam.27         | AG ligue | 44 Nantes | lun.27       |                                                 |               | jeu.27        |                                            |                   | sam.27        |               |                  | mar.27       |                                |                     |
| dim.28         |          |           | mar.28       |                                                 |               | ven.28        |                                            |                   | dim.28        |               |                  | mer.28       |                                |                     |
| lun.29         |          |           | mer.29       |                                                 |               | sam.29        | Stage Solidarité CNF/SDA S Beauseigneur/AL | 44 Saint Herblain | lun.29        |               |                  | jeu.29       |                                |                     |
| mar.30         |          |           | jeu.30       |                                                 |               | dim.30        |                                            |                   | mar.30        |               |                  | ven.30       |                                |                     |
|                |          |           | ven.31       |                                                 |               |               |                                            |                   | mer.31        |               |                  | sam.31       | Prépa 3&4 Dan A Soares         | 49 ponts de cé      |

| février 2026 |                         |                   | mars 2026 |                               |                              | avril 2026 |                              |                     | mai 2026 |                        |                 | juin 2026 |                |            |
|--------------|-------------------------|-------------------|-----------|-------------------------------|------------------------------|------------|------------------------------|---------------------|----------|------------------------|-----------------|-----------|----------------|------------|
| dim.1        | Prepa 3&4 Dan A Soares  | 49 Pont de Cé     | dim.1     | Hommage Tamura/ CODEP         | 44 Sautron<br>49<br>72<br>85 | mer.1      |                              |                     | ven.1    | Férié                  |                 | lun.1     |                |            |
| lun.2        |                         |                   | lun.2     |                               |                              | jeu.2      |                              |                     | sam.2    | CODEP 44 L Bouchareu   | 44 Savenay      | mar.2     |                |            |
| mar.3        |                         |                   | mar.3     |                               |                              | ven.3      |                              |                     | dim.3    | CODEP 44 L Bouchareu   | 44 Savenay      | mer.3     |                |            |
| mer.4        |                         |                   | mer.4     |                               |                              | sam.4      |                              |                     | lun.4    |                        |                 | jeu.4     |                |            |
| jeu.5        |                         |                   | jeu.5     |                               |                              | dim.5      |                              |                     | mar.5    |                        |                 | ven.5     |                |            |
| ven.6        |                         |                   | ven.6     |                               |                              | lun.6      | Limite dépôt Dossier 1&2 Dan |                     | mer.6    |                        |                 | sam.6     |                |            |
| sam.7        |                         |                   | sam.7     | Stage Wakaï (jeunes)          | 49 Trélazé                   | mar.7      |                              |                     | jeu.7    |                        |                 | dim.7     | EXAMEN 1&2 dan | 44 Savenay |
| dim.8        |                         |                   | dim.8     |                               |                              | mer.8      |                              |                     | ven.8    | Férié                  |                 | lun.8     |                |            |
| lun.9        |                         |                   | lun.9     |                               |                              | jeu.9      |                              |                     | sam.9    | Stage CEN ligue F Cast | 85 Montaigu     | mar.9     |                |            |
| mar.10       |                         |                   | mar.10    |                               |                              | ven.10     |                              |                     | dim.10   | Stage CEN ligue F Cast | 85 Montaigu     | mer.10    |                |            |
| mer.11       |                         |                   | mer.11    |                               |                              | sam.11     | Stage YUDANSHA               | 85 La Roche sur Yon | lun.11   |                        |                 | jeu.11    |                |            |
| jeu.12       |                         |                   | jeu.12    | Liimite dépôt dossier 3&4 Dan |                              | dim.12     |                              |                     | mar.12   |                        |                 | ven.12    |                |            |
| ven.13       |                         |                   | ven.13    |                               |                              | lun.13     |                              |                     | mer.13   |                        |                 | sam.13    | Examen 3&4 dan |            |
| sam.14       | Stage CEN ligue H Avril | 44 Saint Herblain | sam.14    |                               |                              | mar.14     |                              |                     | jeu.14   | Férié                  |                 | dim.14    | Examen 3&4 dan |            |
| dim.15       | Stage CEN ligue H Avril | 44 Saint Herblain | dim.15    | Stage SHOSHIN                 | 85                           | mer.15     |                              |                     | ven.15   |                        |                 | lun.15    |                |            |
| lun.16       |                         |                   | lun.16    |                               |                              | jeu.16     |                              |                     | sam.16   |                        |                 | mar.16    |                |            |
| mar.17       |                         |                   | mar.17    |                               |                              | ven.17     |                              |                     | dim.17   |                        |                 | mer.17    |                |            |
| mer.18       |                         |                   | mer.18    |                               |                              | sam.18     |                              |                     | lun.18   |                        |                 | jeu.18    |                |            |
| jeu.19       |                         |                   | jeu.19    |                               |                              | dim.19     |                              |                     | mar.19   |                        |                 | ven.19    |                |            |
| ven.20       |                         |                   | ven.20    |                               |                              | lun.20     |                              |                     | mer.20   |                        |                 | sam.20    |                |            |
| sam.21       |                         |                   | sam.21    | MOD 3 BF                      | 44 Goulaine                  | mar.21     |                              |                     | jeu.21   |                        |                 | dim.21    |                |            |
| dim.22       |                         |                   | dim.22    | Stage SHOSHIN/MOD 3 BF        | 49 Trélazé/Goulaine          | mer.22     |                              |                     | ven.22   |                        |                 | lun.22    |                |            |
| lun.23       |                         |                   | lun.23    |                               |                              | jeu.23     |                              |                     | sam.23   | Examen BF R. Duffours  | 44              | mar.23    |                |            |
| mar.24       |                         |                   | mar.24    |                               |                              | ven.24     |                              |                     | dim.24   |                        |                 | mer.24    |                |            |
| mer.25       |                         |                   | mer.25    |                               |                              | sam.25     |                              |                     | lun.25   | Férié                  |                 | jeu.25    |                |            |
| jeu.26       |                         |                   | jeu.26    |                               |                              | dim.26     | Stage SHOSHIN                | 72 Mulsame          | mar.26   |                        |                 | ven.26    |                |            |
| ven.27       |                         |                   | ven.27    |                               |                              | lun.27     |                              |                     | mer.27   |                        |                 | sam.27    |                |            |
| sam.28       |                         |                   | sam.28    |                               |                              | mar.28     |                              |                     | jeu.28   |                        |                 | dim.28    |                |            |
|              |                         |                   | dim.29    |                               |                              | mer.29     |                              |                     | ven.29   |                        |                 | lun.29    |                |            |
|              |                         |                   | lun.30    |                               |                              | jeu.30     |                              |                     | sam.30   | Stage Wakaï (jeunes)   | 85 Les Herbiers | mar.30    |                |            |
|              |                         |                   | mar.31    |                               |                              |            |                              |                     | dim.31   |                        |                 |           |                |            |