



TOHKON JUDO ACADEMY

2017 FUNDAMENTALS CLASS SCHEDULE

			JANUARY 8, 2017	
Monday & Wednesday		JANUARY 9 & 11	PRIMARY	SECONDARY
1	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	CHRIS JACKSON	BRYAN ZISES / BOB ANDREWS
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	CHRIS JACKSON	BRYAN ZISES / BOB ANDREWS
	Newaza (grappling technique)	Yoko Guruma: (Side Wheel)	CHRIS JACKSON	BRYAN ZISES / MARY GAIL FORD
	Newaza (grappling technique)	Ude Garami	CHRIS JACKSON	BRYAN ZISES / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	CHRIS JACKSON	BRYAN ZISES / MARY GAIL FORD
Monday & Wednesday		JANUARY 16 & 18	PRIMARY	SECONDARY
2	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	ANN BERENDS	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	ANN BERENDS	TRAVIS YAMANAKA
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	ANN BERENDS	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	ANN BERENDS	TRAVIS YAMANAKA
Monday & Wednesday		JANUARY 23 & 25	PRIMARY	SECONDARY
3	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	MOHAMMED RIM	MAX SCHNEIDER
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	MOHAMMED RIM	MAX SCHNEIDER
	Newaza (grappling technique)	Hiza Guruma: (Knee Wheel)	MOHAMMED RIM	MAX SCHNEIDER
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	MOHAMMED RIM	MAX SCHNEIDER
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	MOHAMMED RIM	MAX SCHNEIDER
Monday & Wednesday		JANUARY 30 & FEBRUARY 1	PRIMARY	SECONDARY
4	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	DAVID BECKER	RABO ADIKWU
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	DAVID BECKER	RABO ADIKWU
	Newaza (grappling technique)	Ude Gatame	DAVID BECKER	RABO ADIKWU / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	DAVID BECKER	RABO ADIKWU / MARY GAIL FORD
Monday & Wednesday		FEBRUARY 6 & 8	PRIMARY	SECONDARY
5	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	DOUG SKITES	FERNANDO SAZ / BOB ANDREWS
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	DOUG SKITES	FERNANDO SAZ / BOB ANDREWS
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	DOUG SKITES	FERNANDO SAZ
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	DOUG SKITES	FERNANDO SAZ
Monday & Wednesday		FEBRUARY 13 & 15	PRIMARY	SECONDARY
6	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FELIX LANIER	OMAR MARQUEZ
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	FELIX LANIER	OMAR MARQUEZ
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	FELIX LANIER	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above armlock.	FELIX LANIER	OMAR MARQUEZ
Monday & Wednesday		FEBRUARY 20 & 22	PRIMARY	SECONDARY
7	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	SANDRA HAUPTMANN	CHRIS JACKSON
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)	SANDRA HAUPTMANN	CHRIS JACKSON
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	SANDRA HAUPTMANN	CHRIS JACKSON
	Newaza (grappling technique)	Teach Randori applications for above chokes. Turtle position sit through.	SANDRA HAUPTMANN	CHRIS JACKSON
Monday & Wednesday		FEBRUARY 27 & MARCH 1	PRIMARY	SECONDARY
8	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	BRYAN ZISES	ANN BERENDS
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	BRYAN ZISES	ANN BERENDS
	Newaza (grappling technique)	Hiza Gatame	BRYAN ZISES	ANN BERENDS / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	BRYAN ZISES	ANN BERENDS / MARY GAIL FORD
Monday & Wednesday		MARCH 6 & 8	PRIMARY	SECONDARY
9	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	TRAVIS YAMANAKA	MOHAMMED RIM / BOB ANDREWS
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	TRAVIS YAMANAKA	MOHAMMED RIM / BOB ANDREWS
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	TRAVIS YAMANAKA	MOHAMMED RIM
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	TRAVIS YAMANAKA	MOHAMMED RIM
Monday & Wednesday		MARCH 13 & 15	PRIMARY	SECONDARY
10	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	MAX SCHNEIDER	DAVID BECKER
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	MAX SCHNEIDER	DAVID BECKER
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	MAX SCHNEIDER	DAVID BECKER
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	MAX SCHNEIDER	DAVID BECKER
Monday & Wednesday		March 20 & 22	PRIMARY	SECONDARY
11	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	RABO ADIKWU	DOUG SKITES
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	RABO ADIKWU	DOUG SKITES
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	RABO ADIKWU	DOUG SKITES
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	RABO ADIKWU	DOUG SKITES
Monday & Wednesday		March 27 & 29	PRIMARY	SECONDARY
12	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FERNANDO SAZ	FELIX LANIER
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	FERNANDO SAZ	FELIX LANIER
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	FERNANDO SAZ	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	FERNANDO SAZ	FELIX LANIER



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		JANUARY 8, 2017	
Monday & Wednesday		APRIL 3 & 5	
13	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	OMAR MARQUEZ
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	OMAR MARQUEZ
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	OMAR MARQUEZ
	Newaza (grappling technique)	Ude Garami	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	OMAR MARQUEZ
Monday & Wednesday		APRIL 10 & 12	
14	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	CHRIS JACKSON
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	CHRIS JACKSON
	Newaza (grappling technique)	Kami & Kuzure Kamishihō Gatame	CHRIS JACKSON
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	CHRIS JACKSON
Monday & Wednesday		APRIL 17 & 19	
15	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	ANN BERENDS
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	ANN BERENDS
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	ANN BERENDS
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	ANN BERENDS
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	ANN BERENDS
Monday & Wednesday		APRIL 24 & 26	
16	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	MOHAMMED RIM
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	MOHAMMED RIM
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	MOHAMMED RIM
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	MOHAMMED RIM
Monday & Wednesday		MAY 1 & 3	
17	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	DAVID BECKER
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	DAVID BECKER
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	DAVID BECKER
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	DAVID BECKER
Monday & Wednesday		MAY 8 & 10	
18	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	DOUG SKITES
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	DOUG SKITES
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	DOUG SKITES
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	DOUG SKITES
Monday & Wednesday		May 15 & 17	
19	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	FELIX LANIER
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	FELIX LANIER
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	FELIX LANIER
Monday & Wednesday		May 22 & 24	
20	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	SANDRA HAUPTMANN
	Newaza (grappling technique)	Ude Garami	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	SANDRA HAUPTMANN
Wednesday Only		May 29 - NO JUDO MEMORIAL DAY & MAY 31	
21	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	BRYAN ZISES
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	BRYAN ZISES
	Newaza (grappling technique)	Kami & Kuzure Kamishihō Gatame	BRYAN ZISES
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	BRYAN ZISES
Monday & Wednesday		JUNE 5 & 7	
22	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	TRAVIS YAMANAKA
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	TRAVIS YAMANAKA
Monday & Wednesday		JUNE 12 & 14	
23	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	MAX SCHNEIDER
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	MAX SCHNEIDER
	Newaza (grappling technique)	Ude Gatame	MAX SCHNEIDER
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	MAX SCHNEIDER
Monday & Wednesday		JUNE 19 & 21	
24	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	RABO ADIKWU
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	RABO ADIKWU
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	RABO ADIKWU
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	RABO ADIKWU
Monday & Wednesday		JUNE 26 & 28	
25	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FERNANDO SAZ
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	FERNANDO SAZ
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	FERNANDO SAZ
	Newaza (grappling technique)	Teach Randori applications for above armlock.	FERNANDO SAZ



TOHKON JUDO ACADEMY

2017 FUNDAMENTALS CLASS SCHEDULE

JANUARY 8, 2017

Monday & Wednesday		JULY 3 & 5	PRIMARY	SECONDARY
26	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	OMAR MARQUEZ	SANDRA HAUPTMANN / BOB ANDREWS
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)	OMAR MARQUEZ	SANDRA HAUPTMANN / BOB ANDREWS
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	OMAR MARQUEZ	SANDRA HAUPTMANN / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	OMAR MARQUEZ	SANDRA HAUPTMANN / MARY GAIL FORD
Monday & Wednesday		JULY 10 & 12	PRIMARY	SECONDARY
27	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	CHRIS JACKSON	BRYAN ZISES
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	CHRIS JACKSON	BRYAN ZISES
	Newaza (grappling technique)	Hiza Gatame	CHRIS JACKSON	BRYAN ZISES
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	CHRIS JACKSON	BRYAN ZISES
Monday & Wednesday		JULY 17 & 19	PRIMARY	SECONDARY
28	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	ANN BERENDS	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	ANN BERENDS	TRAVIS YAMANAKA
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	ANN BERENDS	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	ANN BERENDS	TRAVIS YAMANAKA
Monday & Wednesday		July 24 & 26	PRIMARY	SECONDARY
29	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	MOHAMMED RIM	MAX SCHNEIDER
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	MOHAMMED RIM	MAX SCHNEIDER
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	MOHAMMED RIM	MAX SCHNEIDER
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	MOHAMMED RIM	MAX SCHNEIDER
Monday & Wednesday		JULY 31 & AUGUST 2 (LAST CLASS FOR SUMMER)	PRIMARY	SECONDARY
30	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	DAVID BECKER	RABO ADIKWU
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	DAVID BECKER	RABO ADIKWU
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	DAVID BECKER	RABO ADIKWU
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	DAVID BECKER	RABO ADIKWU
AUGUST 3 - SEPTEMBER 5, 2017 SUMMER VACATION - NO FUNDAMENTALS CLASS				
Wednesday Only		SEPTEMBER 6	PRIMARY	SECONDARY
31	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DOUG SKITES	FERNANDO SAZ / MARY GAIL FORD
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	DOUG SKITES	FERNANDO SAZ / MARY GAIL FORD
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DOUG SKITES	FERNANDO SAZ / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DOUG SKITES	FERNANDO SAZ / MARY GAIL FORD
Monday & Wednesday		DECEMBER 11 & 13	PRIMARY	SECONDARY
32	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	FELIX LANIER	OMAR MARQUEZ / BOB ANDREWS
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	FELIX LANIER	OMAR MARQUEZ / BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	FELIX LANIER	OMAR MARQUEZ / BOB ANDREWS
	Newaza (grappling technique)	Ude Garami	FELIX LANIER	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	FELIX LANIER	OMAR MARQUEZ
Monday & Wednesday		SEPTEMBER 18 & 20	PRIMARY	SECONDARY
33	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	SANDRA HAUPTMANN	CHRIS JACKSON
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	SANDRA HAUPTMANN	CHRIS JACKSON
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	SANDRA HAUPTMANN	CHRIS JACKSON
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	SANDRA HAUPTMANN	CHRIS JACKSON
Monday & Wednesday		SEPTEMBER 25 & 27	PRIMARY	SECONDARY
34	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	BRYAN ZISES	ANN BERENDS
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	BRYAN ZISES	ANN BERENDS
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	BRYAN ZISES	ANN BERENDS
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	BRYAN ZISES	ANN BERENDS
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	BRYAN ZISES	ANN BERENDS
Monday & Wednesday		OCTOBER 2 & 4	PRIMARY	SECONDARY
35	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	TRAVIS YAMANAKA	MOHAMMED RIM / BOB ANDREWS
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	TRAVIS YAMANAKA	MOHAMMED RIM / BOB ANDREWS
	Newaza (grappling technique)	Ude Gatame	TRAVIS YAMANAKA	MOHAMMED RIM / MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	TRAVIS YAMANAKA	MOHAMMED RIM / MARY GAIL FORD
Monday & Wednesday		OCTOBER 9 & 11	PRIMARY	SECONDARY
36	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	MAX SCHNEIDER	DAVID BECKER
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	MAX SCHNEIDER	DAVID BECKER
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	MAX SCHNEIDER	DAVID BECKER
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	MAX SCHNEIDER	DAVID BECKER