



# Tohkon Judo Academy

## 2018 FUNDAMENTALS CLASS SCHEDULE

JANUARY 16, 2018

Monday & Wednesday		JANUARY 15 & 17	PRIMARY	SECONDARY
1	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DOUG TONO	DAVID BECKER & BOB ANDREWS
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)	DOUG TONO	DAVID BECKER & BOB ANDREWS
	Newaza (grappling technique)	Hiza Guruma: (Knee Wheel)	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	DOUG TONO	DAVID BECKER & MARY GAIL FORD
Monday & Wednesday		JANUARY 22 & 24	PRIMARY	SECONDARY
2	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	SANDRA HAUPTMANN	FERNANDO SAZ
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	SANDRA HAUPTMANN	FERNANDO SAZ
	Newaza (grappling technique)	Ude Gatame	SANDRA HAUPTMANN	FERNANDO SAZ
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	SANDRA HAUPTMANN	FERNANDO SAZ
Monday & Wednesday		JANUARY 29 & 31	PRIMARY	SECONDARY
3	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	CHRIS JACKSON	RACHEL ARDNT
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	CHRIS JACKSON	RACHEL ARDNT
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	CHRIS JACKSON	RACHEL ARDNT
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	CHRIS JACKSON	RACHEL ARDNT
Monday & Wednesday		FEBRUARY 5 & 7	PRIMARY	SECONDARY
4	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	RABO ADIKWU	DOUG SKITES & BOB ANDREWS
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	RABO ADIKWU	DOUG SKITES & BOB ANDREWS
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	RABO ADIKWU	DOUG SKITES & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock.	RABO ADIKWU	DOUG SKITES & MARY GAIL FORD
Monday & Wednesday		FEBRUARY 12 & 14	PRIMARY	SECONDARY
5	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	ANN BERENDS	OMAR MARQUEZ
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrifice Throw)	ANN BERENDS	OMAR MARQUEZ
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	ANN BERENDS	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	ANN BERENDS	OMAR MARQUEZ
Monday & Wednesday		FEBRUARY 19 & 21	PRIMARY	SECONDARY
6	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	TRAVIS YAMANAKA	FELIX LANIER
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	TRAVIS YAMANAKA	FELIX LANIER
	Newaza (grappling technique)	Hiza Gatame	TRAVIS YAMANAKA	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	TRAVIS YAMANAKA	FELIX LANIER
Monday & Wednesday		FEBRUARY 26 & 28	PRIMARY	SECONDARY
7	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	DOUG TONO	VICTOR PEREZ
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	DOUG TONO	VICTOR PEREZ
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	DOUG TONO	VICTOR PEREZ
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DOUG TONO	VICTOR PEREZ
Monday & Wednesday		MARCH 5 & 7	PRIMARY	SECONDARY
8	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	FERNANDO SAZ	SANDRA HAUPTMANN & BOB ANDREWS
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	FERNANDO SAZ	SANDRA HAUPTMANN & BOB ANDREWS
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	FERNANDO SAZ	SANDRA HAUPTMANN & MARY GAIL FORD
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	FERNANDO SAZ	SANDRA HAUPTMANN & MARY GAIL FORD
Monday & Wednesday		MARCH 12 & 14	PRIMARY	SECONDARY
9	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	RACHEL ARDNT	CHRIS JACKSON
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	RACHEL ARDNT	CHRIS JACKSON
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	RACHEL ARDNT	CHRIS JACKSON
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	RACHEL ARDNT	CHRIS JACKSON
Monday & Wednesday		MARCH 19 & 21	PRIMARY	SECONDARY
10	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DOUG SKITES	RABO ADIKWU
	Tachiwaza (standing technique)	Uki Waza: ( Floating Throw)	DOUG SKITES	RABO ADIKWU
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DOUG SKITES	RABO ADIKWU
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DOUG SKITES	RABO ADIKWU
Monday & Wednesday		March 26 & 28	PRIMARY	SECONDARY
11	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	OMAR MARQUEZ	ANN BERENDS
	Tachiwaza (standing technique)	Ura nage: ( Back Throw)	OMAR MARQUEZ	ANN BERENDS
	Tachiwaza (standing technique)	Yoko Guruma: ( Side Wheel)	OMAR MARQUEZ	ANN BERENDS
	Newaza (grappling technique)	Ude Garami	OMAR MARQUEZ	ANN BERENDS
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	OMAR MARQUEZ	ANN BERENDS
Monday & Wednesday		APRIL 2 & 4	PRIMARY	SECONDARY
12	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FELIX LANIER	TRAVIS YAMANAKA & BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	FELIX LANIER	TRAVIS YAMANAKA & BOB ANDREWS
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	FELIX LANIER	TRAVIS YAMANAKA & MARY GAIL FORD
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	FELIX LANIER	TRAVIS YAMANAKA & MARY GAIL FORD
Monday & Wednesday		APRIL 9 & 11	PRIMARY	SECONDARY
13	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	VICTOR PEREZ	DAVID BECKER
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)	VICTOR PEREZ	DAVID BECKER
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	VICTOR PEREZ	DAVID BECKER
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	VICTOR PEREZ	DAVID BECKER
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	VICTOR PEREZ	DAVID BECKER

14	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	CHRIS JACKSON	FERNANDO SAZ
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	CHRIS JACKSON	FERNANDO SAZ
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	CHRIS JACKSON	FERNANDO SAZ
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	CHRIS JACKSON	FERNANDO SAZ
Monday & Wednesday		APRIL 23 & 25	PRIMARY	SECONDARY
15	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	DOUG TONO	RACHEL ARDNT
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	DOUG TONO	RACHEL ARDNT
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	DOUG TONO	RACHEL ARDNT
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	DOUG TONO	RACHEL ARDNT
Monday & Wednesday		APRIL 30 & MAY 2	PRIMARY	SECONDARY
16	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	ANN BERENDS	DOUG SKITES
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	ANN BERENDS	DOUG SKITES
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	ANN BERENDS	DOUG SKITES & MARY GAIL FORD



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	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	ANN BERENDS	DOUG SKITES & MARY GAIL FORD
	<b>Monday &amp; Wednesday</b>	<b>MAY 7 &amp; 9</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
17	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	TRAVIS YAMANAKA	OMAR MARQUEZ & BOB ANDREWS
	Tachiwaza (standing technique)	Uki Waza: ( Floating Throw)	TRAVIS YAMANAKA	OMAR MARQUEZ & BOB ANDREWS
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	TRAVIS YAMANAKA	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	TRAVIS YAMANAKA	OMAR MARQUEZ
	<b>Monday &amp; Wednesday</b>	<b>MAY 14 &amp; 16</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
18	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	DAVID BECKER	FELIX LANIER
	Tachiwaza (standing technique)	Ura nage: ( Back Throw)	DAVID BECKER	FELIX LANIER
	Tachiwaza (standing technique)	Yoko Guruma: ( Side Wheel)	DAVID BECKER	FELIX LANIER
	Newaza (grappling technique)	Ude Garami	DAVID BECKER	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	DAVID BECKER	FELIX LANIER
	<b>Monday &amp; Wednesday</b>	<b>May 21 &amp; 23</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
19	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FERNANDO SAZ	VICTOR PEREZ
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	FERNANDO SAZ	VICTOR PEREZ
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	FERNANDO SAZ	VICTOR PEREZ
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	FERNANDO SAZ	VICTOR PEREZ
	<b>Monday &amp; Wednesday</b>	<b>May 28 - NO JUDO MEMORIAL DAY &amp; MAY 30</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
20	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	RACHEL ARDNT	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)	RACHEL ARDNT	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	RACHEL ARDNT	SANDRA HAUPTMANN
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	RACHEL ARDNT	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	RACHEL ARDNT	SANDRA HAUPTMANN
	<b>Wednesday Only</b>	<b>JUNE 4 &amp; 6</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
21	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	DOUG SKITES	CHRIS JACKSON & BOB ANDREWS
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	DOUG SKITES	CHRIS JACKSON & BOB ANDREWS
	Newaza (grappling technique)	Ude Gatame	DOUG SKITES	CHRIS JACKSON & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	DOUG SKITES	CHRIS JACKSON & MARY GAIL FORD
	<b>Monday &amp; Wednesday</b>	<b>JUNE 11 &amp; 13</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
22	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	OMAR MARQUEZ	RABO ADIKWU
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	OMAR MARQUEZ	RABO ADIKWU
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	OMAR MARQUEZ	RABO ADIKWU
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	OMAR MARQUEZ	RABO ADIKWU
	<b>Monday &amp; Wednesday</b>	<b>JUNE 18 &amp; 20</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
23	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	FELIX LANIER	ANN BERENDS
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	FELIX LANIER	ANN BERENDS
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	FELIX LANIER	ANN BERENDS
	Newaza (grappling technique)	Teach Randori applications for above armlock.	FELIX LANIER	ANN BERENDS
	<b>Monday &amp; Wednesday</b>	<b>JUNE 25 &amp; 27</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
24	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	VICTOR PEREZ	DAVID BECKER
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrifice Throw)	VICTOR PEREZ	DAVID BECKER
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	VICTOR PEREZ	DAVID BECKER
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	VICTOR PEREZ	DAVID BECKER
	<b>Monday &amp; Wednesday</b>	<b>JULY 2 &amp; 4 - NO JUDO INDEPENDENCE DAY</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
25	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	SANDRA HAUPTMANN	FERNANDO SAZ & BOB ANDREWS
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	SANDRA HAUPTMANN	FERNANDO SAZ & BOB ANDREWS
	Newaza (grappling technique)	Hiza Gatame	SANDRA HAUPTMANN	FERNANDO SAZ & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	SANDRA HAUPTMANN	FERNANDO SAZ & MARY GAIL FORD
	<b>Monday &amp; Wednesday</b>	<b>JULY 9 &amp; 11</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
26	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	TRAVIS YAMANAKA	RACHEL ARDNT
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	TRAVIS YAMANAKA	RACHEL ARDNT
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	TRAVIS YAMANAKA	RACHEL ARDNT
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	TRAVIS YAMANAKA	RACHEL ARDNT

	<b>Monday &amp; Wednesday</b>	<b>JULY 16 &amp; 18</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
27	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	DOUG TONO	RABO ADIKWU
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	DOUG TONO	RABO ADIKWU
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	DOUG TONO	RABO ADIKWU
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	DOUG TONO	RABO ADIKWU
	<b>Monday &amp; Wednesday</b>	<b>JULY 23 &amp; 25</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
28	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	ANN BERENDS	OMAR MARQUEZ
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	ANN BERENDS	OMAR MARQUEZ
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	ANN BERENDS	OMAR MARQUEZ
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	ANN BERENDS	OMAR MARQUEZ
	<b>Monday &amp; Wednesday</b>	<b>July 30 &amp; AUGUST 1 (LAST CLASS FOR SUMMER)</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
29	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DAVID BECKER	FELIX LANIER
	Tachiwaza (standing technique)	Uki Waza: ( Floating Throw)	DAVID BECKER	FELIX LANIER
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DAVID BECKER	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DAVID BECKER	FELIX LANIER

**AUGUST 2 - SEPTEMBER 4, 2018 SUMMER VACATION - NO FUNDAMENTALS CLASS**  
**CLASSES RESUME WEDNESDAY, SEPTEMBER 5, 2018**

	<b>Wednesday Only</b>	<b>SEPTEMBER 5 - WEDNESDAY</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
30	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Tachiwaza (standing technique)	Ura nage: ( Back Throw)	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Tachiwaza (standing technique)	Yoko Guruma: ( Side Wheel)	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Newaza (grappling technique)	Ude Garami	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	<b>Monday &amp; Wednesday</b>	<b>SEPTEMBER 10 &amp; 12</b>	<b>PRIMARY</b>	<b>SECONDARY</b>
31	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	DOUG TONO	SANDRA HAUPTMANN & BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Gake; (Side Body Drop)	DOUG TONO	SANDRA HAUPTMANN & BOB ANDREWS



# Tohkon Judo Academy

## 2018 FUNDAMENTALS CLASS SCHEDULE

JANUARY 16, 2018

				JANUARY 16, 2018	
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	DOUG TONO	SANDRA HAUPTMANN	
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	DOUG TONO	SANDRA HAUPTMANN	
	<b>Monday &amp; Wednesday</b>	<b>SEPTEMBER 17 &amp; 19</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
32	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DOUG SKITES	CHRIS JACKSON	
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)	DOUG SKITES	CHRIS JACKSON	
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	DOUG SKITES	CHRIS JACKSON	
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	DOUG SKITES	CHRIS JACKSON	
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	DOUG SKITES	CHRIS JACKSON	
	<b>Monday &amp; Wednesday</b>	<b>SEPTEMBER 24 &amp; 26</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
33	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	OMAR MARQUEZ	RABO ADIKWU	
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	OMAR MARQUEZ	RABO ADIKWU	
	Newaza (grappling technique)	Ude Gatame	OMAR MARQUEZ	RABO ADIKWU	
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	OMAR MARQUEZ	RABO ADIKWU	
	<b>Monday &amp; Wednesday</b>	<b>OCTOBER 1 &amp; 3</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
34	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	FELIX LANIER	ANN BERENDS & BOB ANDREWS	
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	FELIX LANIER	ANN BERENDS & BOB ANDREWS	
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	FELIX LANIER	ANN BERENDS & MARY GAIL FORD	
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	FELIX LANIER	ANN BERENDS & MARY GAIL FORD	
	<b>Monday &amp; Wednesday</b>	<b>OCTOBER 8 &amp; 10</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
35	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	VICTOR PEREZ	TRAVIS YAMANAKA	
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	VICTOR PEREZ	TRAVIS YAMANAKA	
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	VICTOR PEREZ	TRAVIS YAMANAKA	
	Newaza (grappling technique)	Teach Randori applications for above armlock.	VICTOR PEREZ	TRAVIS YAMANAKA	
	<b>Monday &amp; Wednesday</b>	<b>OCTOBER 15 &amp; 17</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
36	Tachiwaza (standing technique)	Ko Uchi Gari: ( Minor / Small Inner Reap)	SANDRA HAUPTMANN	DAVID BECKER	
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrafice Throw)	SANDRA HAUPTMANN	DAVID BECKER	
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	SANDRA HAUPTMANN	DAVID BECKER	
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	SANDRA HAUPTMANN	DAVID BECKER	
	<b>Monday &amp; Wednesday</b>	<b>OCTOBER 22 &amp; 24</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
37	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	CHRIS JACKSON	FERNANDO SAZ	
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	CHRIS JACKSON	FERNANDO SAZ	
	Newaza (grappling technique)	Hiza Gatame	CHRIS JACKSON	FERNANDO SAZ	
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	CHRIS JACKSON	FERNANDO SAZ	
	<b>Monday &amp; Wednesday</b>	<b>OCTOBER 29 &amp; 31</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
38	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	RABO ADIKWU	RACHEL ARDNT	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	RABO ADIKWU	RACHEL ARDNT	
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	RABO ADIKWU	RACHEL ARDNT	
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	RABO ADIKWU	RACHEL ARDNT	
	<b>Monday &amp; Wednesday</b>	<b>NOVEMBER 5 &amp; 7</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
39	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	ANN BERENDS	DOUG SKITES & BOB ANDREWS	
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	ANN BERENDS	DOUG SKITES & BOB ANDREWS	
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	ANN BERENDS	DOUG SKITES & MARY GAIL FORD	
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	ANN BERENDS	DOUG SKITES & MARY GAIL FORD	
	<b>Monday &amp; Wednesday</b>	<b>NOVEMBER 12 &amp; 14</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
40	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	DOUG TONO	OMAR MARQUEZ	
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	DOUG TONO	OMAR MARQUEZ	
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	DOUG TONO	OMAR MARQUEZ	
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	DOUG TONO	OMAR MARQUEZ	
	<b>Monday &amp; Wednesday</b>	<b>NOVEMBER 19 &amp; 21</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
41	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DAVID BECKER	FELIX LANIER	
	Tachiwaza (standing technique)	Uki Waza: ( Floating Throw)	DAVID BECKER	FELIX LANIER	
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DAVID BECKER	FELIX LANIER	
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DAVID BECKER	FELIX LANIER	
	<b>Monday &amp; Wednesday</b>	<b>NOVEMBER 26 &amp; 28</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
42	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	FERNANDO SAZ	VICTOR PEREZ	
	Tachiwaza (standing technique)	Ura nage: ( Back Throw)	FERNANDO SAZ	VICTOR PEREZ	
	Tachiwaza (standing technique)	Yoko Guruma: ( Side Wheel)	FERNANDO SAZ	VICTOR PEREZ	
	Newaza (grappling technique)	Ude Garami	FERNANDO SAZ	VICTOR PEREZ	
Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	FERNANDO SAZ	VICTOR PEREZ		
	<b>Monday &amp; Wednesday</b>	<b>DECEMBER 3 &amp; 5</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
43	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	RACHEL ARDNT	SANDRA HAUPTMANN & BOB ANDREWS	
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	RACHEL ARDNT	SANDRA HAUPTMANN & BOB ANDREWS	
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	RACHEL ARDNT	SANDRA HAUPTMANN & MARY GAIL FORD	
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	RACHEL ARDNT	SANDRA HAUPTMANN & MARY GAIL FORD	
	<b>Monday &amp; Wednesday</b>	<b>DECEMBER 10 &amp; 12</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
44	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DOUG SKITES	CHRIS JACKSON	
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: ( Proping Ankle Throw)	DOUG SKITES	CHRIS JACKSON	
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	DOUG SKITES	CHRIS JACKSON	
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	DOUG SKITES	CHRIS JACKSON	
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	DOUG SKITES	CHRIS JACKSON	
	<b>Monday &amp; Wednesday</b>	<b>DECEMBER 17 &amp; 19 (LAST CLASS OF 2018)</b>	<b>PRIMARY</b>	<b>SECONDARY</b>	
45	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	OMAR MARQUEZ	RABO ADIKWU	
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	OMAR MARQUEZ	RABO ADIKWU	
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	OMAR MARQUEZ	RABO ADIKWU	
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	OMAR MARQUEZ	RABO ADIKWU	