



Tohkon Judo Academy

2019 FUNDAMENTALS CLASS SCHEDULE

JANUARY 7, 2019

		PRIMARY	SECONDARY	
1	Monday & Wednesday	JANUARY 14 & 16		
	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DOUG TONO	ANN BERENDS & BOB ANDREWS
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	DOUG TONO	ANN BERENDS & BOB ANDREWS
	Newaza (grappling technique)	Hiza Guruma: (Knee Wheel)	DOUG TONO	ANN BERENDS & 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
2	Monday & Wednesday	JANUARY 21 & 23		
	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	ANN BERENDS	FELIX LANIER
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	ANN BERENDS	FELIX LANIER
	Newaza (grappling technique)	Ude Gatame	ANN BERENDS	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	ANN BERENDS	FELIX LANIER
3	Monday & Wednesday	JANUARY 28 & 30		
	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	FELIX LANIER	DAVID BECKER
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	FELIX LANIER	DAVID BECKER
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	FELIX LANIER	DAVID BECKER
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	FELIX LANIER	DAVID BECKER
4	Monday & Wednesday	FEBRUARY 4 & 6		
	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	DAVID BECKER	FERNANDO SAZ & BOB ANDREWS
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	DAVID BECKER	FERNANDO SAZ & BOB ANDREWS
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	DAVID BECKER	FERNANDO SAZ & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock.	DAVID BECKER	FERNANDO SAZ & MARY GAIL FORD
5	Monday & Wednesday	FEBRUARY 11 & 13		
	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	FERNANDO SAZ	VICTOR PEREZ
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrifice Throw)	FERNANDO SAZ	VICTOR PEREZ
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	FERNANDO SAZ	VICTOR PEREZ
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	FERNANDO SAZ	VICTOR PEREZ
6	Monday & Wednesday	FEBRUARY 18 & 20		
	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	VICTOR PEREZ	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Hiza Gatame	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	VICTOR PEREZ	SANDRA HAUPTMANN
7	Monday & Wednesday	FEBRUARY 25 & 27		
	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	SANDRA HAUPTMANN	TRAVIS YAMANAKA
8	Monday & Wednesday	MARCH 4 & 6		
	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	TRAVIS YAMANAKA	RACHEL ARDNT & BOB ANDREWS
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	TRAVIS YAMANAKA	RACHEL ARDNT & BOB ANDREWS
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	TRAVIS YAMANAKA	RACHEL ARDNT & MARY GAIL FORD
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	TRAVIS YAMANAKA	RACHEL ARDNT & MARY GAIL FORD
9	Monday & Wednesday	MARCH 11 & 13		
	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	RACHEL ARDNT	DOUG SKITES
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	RACHEL ARDNT	DOUG SKITES
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	RACHEL ARDNT	DOUG SKITES
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	RACHEL ARDNT	DOUG SKITES
10	Monday & Wednesday	MARCH 18 & 20		
	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DOUG SKITES	CHRIS JACKSON
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	DOUG SKITES	CHRIS JACKSON
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DOUG SKITES	CHRIS JACKSON
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DOUG SKITES	CHRIS JACKSON
11	Monday & Wednesday	March 25 & 27		
	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	CHRIS JACKSON	RABO ADIKWU
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	CHRIS JACKSON	RABO ADIKWU
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	CHRIS JACKSON	RABO ADIKWU
	Newaza (grappling technique)	Ude Garami	CHRIS JACKSON	RABO ADIKWU
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	CHRIS JACKSON	RABO ADIKWU
12	Monday & Wednesday	APRIL 1 & 3		
	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	RABO ADIKWU	DOUG TONO & BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	RABO ADIKWU	DOUG TONO & BOB ANDREWS
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	RABO ADIKWU	DOUG TONO & MARY GAIL FORD
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	RABO ADIKWU	DOUG TONO & MARY GAIL FORD
13	Monday & Wednesday	APRIL 8 & 10		
	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	DOUG TONO	OMAR MARQUEZ
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	DOUG TONO	OMAR MARQUEZ
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	DOUG TONO	OMAR MARQUEZ
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	DOUG TONO	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	DOUG TONO	OMAR MARQUEZ

		PRIMARY	SECONDARY
	Monday & Wednesday	APRIL 15 & 17	



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14	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	OMAR MARQUEZ	FELIX LANIER
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	OMAR MARQUEZ	FELIX LANIER
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	OMAR MARQUEZ	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	OMAR MARQUEZ	FELIX LANIER
Monday & Wednesday		APRIL 22 & 24	PRIMARY	SECONDARY
15	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	FELIX LANIER	ANN BERENDS
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	FELIX LANIER	ANN BERENDS
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	FELIX LANIER	ANN BERENDS
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	FELIX LANIER	ANN BERENDS
Monday & Wednesday		APRIL 29 & MAY 1	PRIMARY	SECONDARY
16	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	ANN BERENDS	DAVID BECKER
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	ANN BERENDS	DAVID BECKER
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	ANN BERENDS	DAVID BECKER & MARY GAIL FORD
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	ANN BERENDS	DAVID BECKER & MARY GAIL FORD
Monday & Wednesday		MAY 6 & 8	PRIMARY	SECONDARY
17	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	DAVID BECKER	VICTOR PEREZ & BOB ANDREWS
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	DAVID BECKER	VICTOR PEREZ & BOB ANDREWS
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	DAVID BECKER	VICTOR PEREZ
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	DAVID BECKER	VICTOR PEREZ
Monday & Wednesday		MAY 13 & 15	PRIMARY	SECONDARY
18	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	VICTOR PEREZ	FERNANDO SAZ
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	VICTOR PEREZ	FERNANDO SAZ
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	VICTOR PEREZ	FERNANDO SAZ
	Newaza (grappling technique)	Ude Garami	VICTOR PEREZ	FERNANDO SAZ
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	VICTOR PEREZ	FERNANDO SAZ
Monday & Wednesday		May 20 & 22	PRIMARY	SECONDARY
19	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FERNANDO SAZ	RACHEL ARDNT
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	FERNANDO SAZ	RACHEL ARDNT
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	FERNANDO SAZ	RACHEL ARDNT
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	FERNANDO SAZ	RACHEL ARDNT
Wednesday Only		May 27 - NO JUDO MEMORIAL DAY & MAY 29	PRIMARY	SECONDARY
20	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	RACHEL ARDNT	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	RACHEL ARDNT	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	RACHEL ARDNT	TRAVIS YAMANAKA
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	RACHEL ARDNT	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	RACHEL ARDNT	TRAVIS YAMANAKA
Monday & Wednesday		JUNE 3 & 5	PRIMARY	SECONDARY
21	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	TRAVIS YAMANAKA	CHRIS JACKSON & BOB ANDREWS
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	TRAVIS YAMANAKA	CHRIS JACKSON & BOB ANDREWS
	Newaza (grappling technique)	Ude Gatame	TRAVIS YAMANAKA	CHRIS JACKSON & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	TRAVIS YAMANAKA	CHRIS JACKSON & MARY GAIL FORD
Monday & Wednesday		JUNE 10 & 12	PRIMARY	SECONDARY
22	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	CHRIS JACKSON	DOUG SKITES
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	CHRIS JACKSON	DOUG SKITES
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	CHRIS JACKSON	DOUG SKITES
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	CHRIS JACKSON	DOUG SKITES
Monday & Wednesday		JUNE 17 & 19	PRIMARY	SECONDARY
23	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	DOUG SKITES	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	DOUG SKITES	SANDRA HAUPTMANN
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	DOUG SKITES	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above armlock.	DOUG SKITES	SANDRA HAUPTMANN
Monday & Wednesday		JUNE 24 & 26	PRIMARY	SECONDARY
24	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	SANDRA HAUPTMANN	OMAR MARQUEZ
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrifice Throw)	SANDRA HAUPTMANN	OMAR MARQUEZ
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	SANDRA HAUPTMANN	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	SANDRA HAUPTMANN	OMAR MARQUEZ
Monday & Wednesday		JULY 1 & 3	PRIMARY	SECONDARY
25	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	OMAR MARQUEZ	RABO ADIKWU & BOB ANDREWS
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	OMAR MARQUEZ	RABO ADIKWU & BOB ANDREWS
	Newaza (grappling technique)	Hiza Gatame	OMAR MARQUEZ	RABO ADIKWU & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	OMAR MARQUEZ	RABO ADIKWU & MARY GAIL FORD
Monday & Wednesday		JULY 8 & 10	PRIMARY	SECONDARY
26	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	RABO ADIKWU	FELIX LANIER
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	RABO ADIKWU	FELIX LANIER
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	RABO ADIKWU	FELIX LANIER
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	RABO ADIKWU	FELIX LANIER

Monday & Wednesday		JULY 15 & 17	PRIMARY	SECONDARY
27	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	FELIX LANIER	FERNANDO SAZ
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	FELIX LANIER	FERNANDO SAZ
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	FELIX LANIER	FERNANDO SAZ



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	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	FELIX LANIER	FERNANDO SAZ
	Monday & Wednesday	JULY 22 & 24	PRIMARY	SECONDARY
28	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	FERNANDO SAZ	ANN BERENDS
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	FERNANDO SAZ	ANN BERENDS
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	FERNANDO SAZ	ANN BERENDS
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	FERNANDO SAZ	ANN BERENDS
		Monday & Wednesday	July 29 & 31 (LAST CLASS FOR SUMMER)	PRIMARY
29	Tachiwaza (standing technique)	Koshi Guruma: (Hip Wheel / Head Throw)	ANN BERENDS	DOUG TONO
	Tachiwaza (standing technique)	Uki Waza: (Floating Throw)	ANN BERENDS	DOUG TONO
	Newaza (grappling technique)	Kata, Gyaku & Nami Juji Jime	ANN BERENDS	DOUG TONO
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	ANN BERENDS	DOUG TONO
	AUGUST 5 - SEPTEMBER 3, 2019 SUMMER VACATION - NO FUNDAMENTALS CLASS CLASSES RESUME WEDNESDAY, SEPTEMBER 4, 2019			
	Wednesday Only	SEPTEMBER 4 - WEDNESDAY	PRIMARY	SECONDARY
30	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Newaza (grappling technique)	Ude Garami	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	DOUG TONO	DAVID BECKER & MARY GAIL FORD
	Monday & Wednesday	SEPTEMBER 9 & 11	PRIMARY	SECONDARY
31	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	DAVID BECKER	VICTOR PEREZ & BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	DAVID BECKER	VICTOR PEREZ & BOB ANDREWS
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	DAVID BECKER	VICTOR PEREZ
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	DAVID BECKER	VICTOR PEREZ
		Monday & Wednesday	SEPTEMBER 16 & 18	PRIMARY
32	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	VICTOR PEREZ	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	VICTOR PEREZ	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	VICTOR PEREZ	SANDRA HAUPTMANN
	Monday & Wednesday	SEPTEMBER 23 & 25	PRIMARY	SECONDARY
33	Tachiwaza (standing technique)	Uki Goshi: (Floating Hip Throw)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Hane Goshi: (Springing Hip Throw)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Ude Gatame	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above armlock. From guard position.	SANDRA HAUPTMANN	TRAVIS YAMANAKA
		Monday & Wednesday	SEPTEMBER 30 & OCTOBER 2	PRIMARY
34	Tachiwaza (standing technique)	Tsurikomi Goshi: (Lift Pull Hip Throw)	TRAVIS YAMANAKA	RACHEL ARNDT
	Tachiwaza (standing technique)	Sode Tsurikomi Goshi: (Lifting Pulling Sleeve Throw)	TRAVIS YAMANAKA	RACHEL ARNDT
	Newaza (grappling technique)	Tate & Kuzure Tateshiho Gatame	TRAVIS YAMANAKA	RACHEL ARNDT & MARY GAIL FORD
	Newaza (grappling technique)	Teach turn overs to above pins. Front knee, backward rollover.	TRAVIS YAMANAKA	RACHEL ARNDT & MARY GAIL FORD
		Monday & Wednesday	OCTOBER 7 & 9	PRIMARY
35	Tachiwaza (standing technique)	Tai Otoshi: (Body Drop)	RAACHEL ARDNT	DOUG SKITES & BOB ANDREWS
	Tachiwaza (standing technique)	Kata Guruma: (Shoulder Wheel)	RAACHEL ARDNT	DOUG SKITES & BOB ANDREWS
	Newaza (grappling technique)	Ude Hishigi Juji Gatame	RAACHEL ARDNT	DOUG SKITES
	Newaza (grappling technique)	Teach Randori applications for above armlock.	RAACHEL ARDNT	DOUG SKITES
		Monday & Wednesday	OCTOBER 14 & 16	PRIMARY
36	Tachiwaza (standing technique)	Ko Uchi Gari: (Minor / Small Inner Reap)	DOUG SKITES	CHRIS JACKSON
	Tachiwaza (standing technique)	Tomoenage & Yoko Tomoenage: (Back & Side Sacrifice Throw)	DOUG SKITES	CHRIS JACKSON
	Newaza (grappling technique)	Ude Hishigi Waki Gatame & Ushiro Kesa Gatame	DOUG SKITES	CHRIS JACKSON
	Newaza (grappling technique)	Teach Randori applications. Turtle position sit through.	DOUG SKITES	CHRIS JACKSON
		Monday & Wednesday	OCTOBER 21 & 23	PRIMARY
37	Tachiwaza (standing technique)	Okuri Ashi Barai: (Foot Sweep)	CHRIS JACKSON	RABO ADIKWU
	Tachiwaza (standing technique)	Harai Tsurikomi Ashi: (Lifting Pulling Foot Sweep)	CHRIS JACKSON	RABO ADIKWU
	Newaza (grappling technique)	Hiza Gatame	CHRIS JACKSON	RABO ADIKWU
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard Position.	CHRIS JACKSON	RABO ADIKWU
		Monday & Wednesday	OCTOBER 28 & 30	PRIMARY
38	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	RABO ADIKWU	OMAR MARQUEZ
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	RABO ADIKWU	OMAR MARQUEZ
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	RABO ADIKWU	OMAR MARQUEZ
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	RABO ADIKWU	OMAR MARQUEZ
		Monday & Wednesday	NOVEMBER 4 & 6	PRIMARY
39	Tachiwaza (standing technique)	O Soto Gari: (Major / Large Outer Reap)	OMAR MARQUEZ	ANN BERENDS & BOB ANDREWS
	Tachiwaza (standing technique)	Kosoto Gari: (Minor Outer Reap)	OMAR MARQUEZ	ANN BERENDS & BOB ANDREWS
	Newaza (grappling technique)	Kesa, Kata & Kuzure Kesa Gatame	OMAR MARQUEZ	ANN BERENDS & MARY GAIL FORD
	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. 1/2 Nelson Series.	OMAR MARQUEZ	ANN BERENDS & MARY GAIL FORD
		Monday & Wednesday	NOVEMBER 11 & 13	PRIMARY
40	Tachiwaza (standing technique)	O Goshi: (Major / Large Hip Throw)	ANN BERENDS	DAVID BECKER
	Tachiwaza (standing technique)	Sumi Gaeshi: (Corner Throw)	ANN BERENDS	DAVID BECKER
	Newaza (grappling technique)	Yoko & Kuzure Yokoshiho Gatame	ANN BERENDS	DAVID BECKER



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	Newaza (grappling technique)	Turn overs from kneeling and turtle positions. Cross Face Series.	ANN BERENDS	DAVID BECKER
	Monday & Wednesday	NOVEMBER 18 & 20	PRIMARY	SECONDARY
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
	Monday & Wednesday	NOVEMBER 25 & 27	PRIMARY	SECONDARY
42	Tachiwaza (standing technique)	Ippon Seoinage & Morote Seoinage (One & Two Arm Shoulder Throw)	FELIX LANIER	FERNANDO SAZ
	Tachiwaza (standing technique)	Ura nage: (Back Throw)	FELIX LANIER	FERNANDO SAZ
	Tachiwaza (standing technique)	Yoko Guruma: (Side Wheel)	FELIX LANIER	FERNANDO SAZ
	Newaza (grappling technique)	Ude Garami	FELIX LANIER	FERNANDO SAZ
	Newaza (grappling technique)	Teach Randori applications for above armlock. Guard & Top Position.	FELIX LANIER	FERNANDO SAZ
	Monday & Wednesday	DECEMBER 2 & 4	PRIMARY	SECONDARY
43	Tachiwaza (standing technique)	De Ashi Barai: Apply (Forward Foot Sweep)	FERNANDO SAZ	VICTOR PEREZ & BOB ANDREWS
	Tachiwaza (standing technique)	Yoko Gake: (Side Body Drop)	FERNANDO SAZ	VICTOR PEREZ & BOB ANDREWS
	Newaza (grappling technique)	Kami & Kuzure Kamishiho Gatame	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Newaza (grappling technique)	Teach turn overs to above pins. Back knee, forward rollover.	FERNANDO SAZ	VICTOR PEREZ & MARY GAIL FORD
	Monday & Wednesday	DECEMBER 9 & 11	PRIMARY	SECONDARY
44	Tachiwaza (standing technique)	Ouchi Gari: (Major / Large Inner Reap)	VICTOR PEREZ	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Sasae Tsurikomi Ashi: (Proping Ankle Throw)	VICTOR PEREZ	SANDRA HAUPTMANN
	Tachiwaza (standing technique)	Hiza Guruma: (Knee Wheel)	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Hadaka, Okuri Eri & Kataha Jime	VICTOR PEREZ	SANDRA HAUPTMANN
	Newaza (grappling technique)	Teach Randori applications for above chokes from behind uke.	VICTOR PEREZ	SANDRA HAUPTMANN
	Monday & Wednesday	DECEMBER 16 & 18 (LAST CLASS OF 2019)	PRIMARY	SECONDARY
45	Tachiwaza (standing technique)	Harai Goshi: (Hip Sweep)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Tachiwaza (standing technique)	Uchi mata: (Inner Thigh Reaping Throw)	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Tsukomi, Ryote & Sode Guruma Jime	SANDRA HAUPTMANN	TRAVIS YAMANAKA
	Newaza (grappling technique)	Teach Randori applications for above chokes. Top position.	SANDRA HAUPTMANN	TRAVIS YAMANAKA