

2020 Women's Beginning Judo Schedule
Tohkon Judo Academy

Tachi Waza	Primary matwork	Secondary matwork	Ju-no-Kata
1/4/20	NO CLASS - Holiday Break		
1/11/20	NO CLASS - Kagami Biraki		
1/18/20 O Goshi	Kesa Gatame	Cross-face turnover	Tsuki-Dashi
1/25/20 O Goshi	Kesa Gatame	Cross-face turnover	Tsuki-Dashi
2/1/20 O Goshi	Kesa Gatame	Cross-face turnover	Kata-Oshi
2/8/20 O Goshi	Kesa Gatame	Cross-face turnover	Kata-Oshi
2/15/20	NO CLASS - Tohkon Annual Kata Clinic		
2/22/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Ryote-Dori
2/29/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Ryote-Dori
3/7/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Kata-Mawashi
3/14/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Kata-Mawashi
3/21/20 Uki Goshi	Yoko Shiho Gatame	Shoulder/leg turnover	Ago-Oshi
3/28/20 Uki Goshi	Yoko Shiho Gatame	Shoulder/leg turnover	Ago-Oshi
4/4/20 Uki Goshi	Yoko Shiho Gatame	Shoulder/leg turnover	Ikkyo
4/11/20 Uki Goshi	Yoko Shiho Gatame	Shoulder/leg turnover	Ikkyo
4/18/20 Ko Uchi Gari	Ude Gatame	Hadaka Jime	Kiri-Oroshi
4/25/20 Ko Uchi Gari	Ude Gatame	Hadaka Jime	Kiri-Oroshi
5/2/20 Ko Uchi Gari	Ude Gatame	Hadaka Jime	Ryo-Kata-Oshi
5/9/20 Ko Uchi Gari	Ude Gatame	Hadaka Jime	Ryo-Kata-Oshi
5/16/20	NO CLASS - Senior Nationals		
5/23/20 Ippon Seoi Nage	Kami Shiho Gatame	Ashlie turnover	Naname-Uchi
5/30/20 Ippon Seoi Nage	Kami Shiho Gatame	Ashlie turnover	Naname-Uchi
6/6/20 Ippon Seoi Nage	Kami Shiho Gatame	Ashlie turnover	Katate-Dori
6/13/20 Ippon Seoi Nage	Kami Shiho Gatame	Ashlie turnover	Katate-Dori
6/20/20	NO CLASS - TENTATIVE - Tohkon Classic XXV		
6/27/20 Tai Otoshi	Ude Garami	Guard passing	Katate-Age
7/4/20 Tai Otoshi	Ude Garami	Guard passing	Katate-Age
7/11/20 Tai Otoshi	Ude Garami	Guard passing	Ikkyo and Nikyo
7/18/20 Tai Otoshi	Ude Garami	Guard passing	Ikkyo and Nikyo

7/25/20 O Uchi Gari	Okuri Eri Jime	Loop turnover	Obi-Tori
8/1/20 O Uchi Gari	Okuri Eri Jime	Loop turnover	Obi-Tori
8/8/20	NO CLASS - Summer Break		
8/15/20	NO CLASS - Summer Break		
8/22/20	NO CLASS - Summer Break		
8/29/20	NO CLASS - Summer Break		
9/5/20	NO CLASS - Summer Break		
9/12/20 O Soto Gari	Kata Juji Jime	Using in top position	Obi-Tori
9/19/20 O Soto Gari	Kata Juji Jime	Using in top position	Obi-Tori
9/26/20 O Soto Gari	Kata Juji Jime	Using in top position	Mune-Oshi
10/3/20 O Soto Gari	Kata Juji Jime	Using in top position	Mune-Oshi
10/10/20 Koshi Guruma	Kesa Gatame	Cross-face turnover	Tsuki-Age
10/17/20 Koshi Guruma	Kesa Gatame	Cross-face turnover	Tsuki-Age
10/24/20 Koshi Guruma	Kesa Gatame	Cross-face turnover	Uchi-Oroshi
10/31/20 Koshi Guruma	Kesa Gatame	Cross-face turnover	Uchi-Oroshi
11/7/20	NO CLASS - TENTATIVE - Holiday Delight		
11/14/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Ryogan-Tsuki
11/21/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	Ryogan-Tsuki
11/28/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	All Three Sets
12/5/20 De Ashi Barai	Kata Gatame	Half-nelson turnover	All Three Sets
12/12/20 O Uchi Gari	Okuri Eri Jime	Loop turnover	All Three Sets
12/19/20 O Uchi Gari	Okuri Eri Jime	Loop turnover	All Three Sets
12/26/20	NO CLASS - Holiday Break		