

August 2011

Lessons for Junior 4

Schedule of Events

- 23 August 2011—Junior Classes Begin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 Moving Ukemi, Jogging Shoulder Rolls, Walking, Stepping	24	25 Moving Ukemi, Jogging Shoulder Rolls, Walking, Stepping, Ko Uchi Gari	26	27
28	29	30 Jogging Shoulder Rolls, Ko Uchi Gari, Kuzure Kami Shiho Gatame	31			

Teaching Kodokan Judo to the Roswell Community.

Roswell Judo Club

500 S. Richardson
Roswell, NM 88203

Phone: 575-649-0982

E-mail: sensei@roswell-judo.org



September 2011

Lessons for Junior 4

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Jogging Shoulder Rolls, Ko Uchi Gari to Kuzure Kami Shiho Gatame	2	3
4	5	6 Turtle, Double Lapel Turnover	7	8 Turtle, Double Lapel Turnover to Kuzure Kami Shiho Gatame	9	10
11	12	13 Bridge & Roll Escape from Kuzure Kami Shiho Gatame	14	15 Bridge & Roll Escapes from all known Katame Waza	16	17
18	19	20 Moving Ko Uchi Gari	21	22 Moving Ko Uchi Gari to known osae kami waza to Bridge and Roll Escape	23	24
25	26	27 Stepping for Tai Otoshi	28	29 Tai Otoshi, Tai Otoshi to Kuzure Kami Shiho Ga- tame	30	

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October 2011

Lessons for Junior 4

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Moving Tai Otoshi	5	6 Moving Tai Otoshi to Hold- down	7	8
9	10	11 Renraku Waza (Ko Uchi Gari to Tai Otoshi)	12	13 Renraku Waza (Ko Uchi Gari to Tai Otoshi)	14	15
16	17	18 Sideways move- ment to Ko Uchi Gari/Tai Otoshi	19	20 Sideways move- ment to Ko Uchi Gari/Tai Otoshi to Hold-down	21	22
23	24	25 Moving throw to Turtle to Turnover	26	27 Moving throw to Turtle to Turnover to Hold- down to Escape	28	29
30	31					

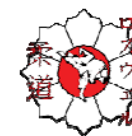
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November 2011

Lessons for Junior 4

Schedule of Events

- 23-25 November — Thanksgiving Break, No Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ne Waza Randori	2	3 Tachi Waza Randori	4	5
6	7	8 Hip Twist Evasion for Turning Throws	9	10 Hip Twist Evasion for Turning Throws	11	12
13	14	15 Turtle, Seoi Nage from Turtle Attack	16	17 Turtle, Seoi Nage from Turtle Attack to Osae Komi	18	19
20	21	22 Sleeve Pull Around Guard Pass, Trap and Roll Escape	23 THANKSGIVING NO CLASS	24 THANKSGIVING NO CLASS	25 THANKSGIVING NO CLASS	26
27	28	29 Ko Uchi Gari drills, Ko Uchi Gari Uchi Komi	30			

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December 2011

Lessons for Junior 4

Schedule of Events

- 15 December — Begin Review for Junior Promotions
- 20 December — Continue Review for Junior Promotions
- 22 December — Junior Promotions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Ko Uchi Gari Drills, Ko Uchi Gari Uchi Komi, Ko Uchi Gari Nage Komi	2	3
4	5	6 Tai Otoshi Drills, Tai Otoshi Uchi Komi	7	8 Tai Otoshi Drills, Tai Otoshi Uchi Komi, Tai Otoshi	9	10
11	12	13 Ne Waza and Tachi Waza Randori	14	15 Initial Review for Junior Promo- tional	16	17
18	19	20 Final Review for Junior Promo- tional	21	22 JUNIOR PROMOTION	23 WINTER BREAK NO CLASS	24
25	26 WINTER BREAK NO CLASS	27 WINTER BREAK NO CLASS	28 WINTER BREAK NO CLASS	29 WINTER BREAK NO CLASS	30 WINTER BREAK NO CLASS	31

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