

January 2012

Lessons for Rokyū

Schedule of Events

- 9 January—Begin Adult Judo Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Moving Ukemi, Uki Goshi	10	11 Moving Ukemi, Uki Goshi	12	13	14
15	16 Moving Ukemi, Uki Goshi, Tate Shiho Gatame, Juji Jime	17	18 Moving Ukemi, Uki Goshi, Tate Shiho Gatame, Juji Jime	19	20	21
22	23 Leaping Ukemi, Tate Shiho Gatame, Juji Jime Escapes	24	25 Leaping Ukemi, Tate Shiho Gatame, Juji Jime Escapes	26	27	28
29	30 Harai Goshi, Turtle, Figure-4 Turnover, Figure-4 Turnover to 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



February 2012

Lessons for Rokyū

Schedule of Events

- 20 February—President's Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Harai Goshi, Turtle, Figure-4 Turnover, Figure-4 Turnover to Kami Shiho Gatame	2	3	4
5	6 Harai Goshi, Guard, Knee-in Entry Guard Pass	7	8 Harai Goshi, Guard, Knee-in Entry Guard Pass to Tate Shiho Gatame or Yoko Shiho Gatame	9	10	11
12	13 Uchi Mata	14	15 Uchi Mata	16	17	18
19	20 /	21	22 Uchi Mata	23	24	25
26	27 Uchi Mata	28	29 Sasae Tsuru Komi Ashi			

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



March 2012

Lessons for Rokyū

Schedule of Events

- 17-25 March—Spring Break

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Sasae Tsuru Komi Ashi	6	7 Sasae Tsuru Komi Ashi	8	9	10
11	12 Sasae Tsuru Komi Ashi	13	14 Sasae Tsuru Komi Ashi	15	16	17
18	19	20	21	22	23	24
25	26 Randori	27	28 Randori	29	30	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



April 2012

Lessons for Rokyū

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Static Review of all Known Waza	3	4 Dynamic Review of all Known Waza	5	6	7
8	9 Tomoe Nage	10	11 Tomoe Nage	12	13	14
15	16 Tomoe Nage to Tate Shiho Gatame	17	18 Tomoe Nage to Tate Shiho Gatame	19	20	21
22	23 Nage Waza Blocking and Countering	24	25 Ne Waza Countering	26	27	28
29	30 Miscellaneous Topics					

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



May 2012

Lessons for Rokyū

Schedule of Events

- 12 May—Adult Classes Promotional

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Miscellaneous Topics	3	4	5
6	7 Technical Review	8	9 Technical Review	10	11	12 PROMOTIONAL
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	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

