

January 2012

Lessons for Shichikyu

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, O Soto Gari | 10 | 11 Moving Ukemi, O Soto Gari | 12 | 13 | 14 |
| 15 | 16 Moving Ukemi, O Soto Gari, Yoko Shiho Gatame | 17 | 18 Moving Ukemi, O Soto Gari, Yoko Shiho Gatame | 19 | 20 | 21 |
| 22 | 23 Yoko Shiho Gatame, Bridge and Roll Escape | 24 | 25 Far Arm and Leg Pull Under, Yoko Shiho Gatame, Bridge and Roll Escape | 26 | 27 | 28 |
| 29 | 30 O Uchi Gari (T-step), Guard Pass | 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 Shichikyu

Schedule of Events

- 20 February—President's Day

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----|---|-----|-----|-----|
| | | | 1 O Uchi Gari (T-step), Guard Pass, Tate Shiho Gatame | 2 | 3 | 4 |
| 5 | 6 Far Arm and Leg Pull Under, Yoko Shiho Gatame, Tate Shiho Gatame | 7 | 8 Far Arm and Leg Pull Under, Yoko Shiho Gatame, Tate Shiho Gatame, Positional Control | 9 | 10 | 11 |
| 12 | 13 O Soto Gari to O Uchi Gari to Guard Pass to Tate Shiho Gatame | 14 | 15 O Uchi Gari to O Soto Gari to Yoko Shiho Gatame to Tate Shiho Gatame | 16 | 17 | 18 |
| 19 | 20 / | 21 | 22 Ko Uchi Gari | 23 | 24 | 25 |
| 26 | 27 Ko Uchi Gari | 28 | 29 Ko Uchi Gari to O Uchi Gari | | | |

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 Shichikyu

Schedule of Events

- 17-25 March—Spring Break

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----|---|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 Ko Uchi Gari to O Uchi Gari to Forward Throw | 6 | 7 Tai Otoshi | 8 | 9 | 10 |
| 11 | 12 O Uchi Gari to Ko Uchi Gari | 13 | 14 O Uchi Gari to Ko Uchi Gari to Forward Throw | 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 Shichikyu

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 Hiza Guruma | 10 | 11 Hiza Guruma | 12 | 13 | 14 |
| 15 | 16 O Soto Gari to Hiza Guruma | 17 | 18 O Soto Gari to Hiza Guruma | 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 Shichikyu

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

