

# February 2011

## Lessons for Hachikyu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 De Ashi Barai to Kesa or Kata Gatame to Bridge and Roll Escape	3	4	5
6	7 De Ashi Barai to Foot Lift, Moving O Goshi	8	9 De Ashi Barai to Tsubame Gaeshi; De Ashi Barai to Tsubame Gaeshi to Kesa/Kata Gatame to Escape	10	11	12
13	14 Turtle, Figure-4 Turno- ver, Figure-4 Turnover to Hold-down	15	16 Figure-4 Turnover to Hold-down to Escape	17	18	19
20	21 NO CLASS	22	23 Turning, Stepping, Ippon Seoi Nage	24	25	26
27	28 Moving Ippon Seoi Nage, Ippon Seoi Nage to Hold-down					

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](mailto:sensei@roswell-judo.org)

