

February 2011

Lessons for ENMU-R

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Kesa Gatame, O Goshi to Kesa Gatame, Bridge and Roll Escape	3	4	5
6	7 De Ashi Barai Stepping and Hands	8	9 De Ashi Barai	10	11	12
13	14 Kata Gatame, Half- Nelson Turnover	15	16 Half-Nelson Turnovers to Kesa or Kata Ga- tame, Bridge and Roll Escapes	17	18	19
20	21 NO CLASS	22	23 O Goshi to Turtle to Turnover to Escape	24	25	26
27	28 De Ashi Barai to Turtle to Turnover to Escape					

Teaching Kodokan Judo to the Roswell Community.

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