

February 2011

Lessons for Junior 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Moving O Soto Gari	2	3 Moving O Soto Gari to Kami/Yoko Shiho/Kesa or Kata Gatame to Bridge and Roll Escape	4	5
6	7	8 Stepping for O Uchi Gari, Guard, Guard Pass	9	10 O Uchi Gari, O Uchi Gari to Guard to Guard Pass to Hold-down	11	12
13	14	15 Moving O Uchi Gari	16	17 Moving O Uchi Gari to Hold-down	18	19
20	21	22 Renraku Waza (O Uchi Gari to Ippon Seoi Nage/O Goshi)	23	24 Renraku Waza (O Uchi Gari to Ippon Seoi Nage/O Goshi)	25	26
27	28					

Teaching Kodokan Judo to the Roswell Community.

Roswell Judo Club

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