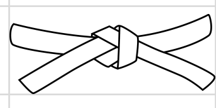
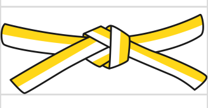
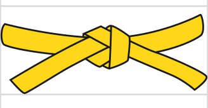
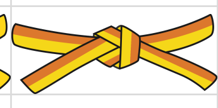
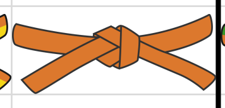
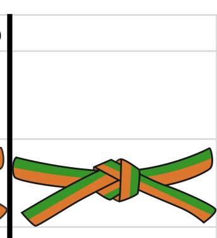
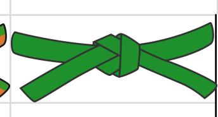
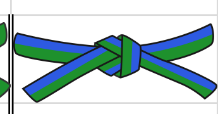
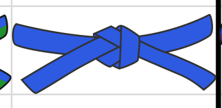
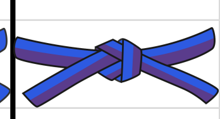
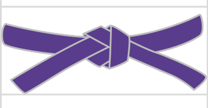
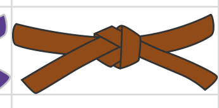
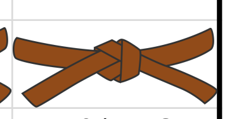
					Judo Division					⬅️Youth Judo				⬅️Junior Judo	Cadet Judo➡️			⬅️Cadet Judo
				coach	Belt													
					rank	beginner	Jr 1	Jr 2	Jr 3	Jr 4	Jr 5	Jr 6	Jr 7	Jr 8	Jr 9	Jr 10	Jr 11	Jr12 (AKA Sr Iikyu)
					recommended grade level	Kindergarten	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth	Freshmen	Sophmore	Junior	Junior
					minimum age recommended	≥5	6+	7+	8+	9+	10+	11+	12+	13+	14+	15+	16+	17+
					TIG		3M	4M	5M	8M	8M	8M	8M	8M	8M	9M	10M/11M	10M/11M
					SRJC SESSION TIME		1 session AKA 3 months as ⬜	2 sessions AKA 6 months as ⬜🟨	2 sessions AKA 6 months as 🟨	3 sessions AKA 9 months as 🟨🟧	3 sessions AKA 9 months as 🟧	3 sessions AKA 9 months 🟧🟩	3 sessions AKA 9 months 🟩	3 sessions AKA 9 months 🟩🟦	3 sessions AKA 9 months 🟦	3 sessions AKA 9 months 🟦🟪	1 year 🟪🟫	1 year 🟫
					Time In Grade Required months/classes since last belt	0/0				Looking for very solid level of Ukemi near mastery before promotion byond this level				Looking for very solid level of 1 Tachiwaza near mastery before promotion byond this level		Looking for embracing of the 2 principals of Judo before promotion byond this level	Attending Adult Classes. regular competition and Kata pratice. On track for Shodan at Graduation	Attending Adult Classes. regular competition and Kata pratice. On track for Shodan at Graduation
										10 tachiwaza learned by end of this level						Over 24 tachiwaza learned by end of this level		
	class number	date	Day of the week		**Class Games**	**Ashiwaza Circle**	**De ashi / Tsubame**	**ko soto**	**yoko gake**	**Turn the turtle**								
					Starting January for the Winter session													
❄️	1	**Jan**	Tues		**Ukemi**	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
❄️	2	**Jan**	Thurs		**Ukemi**	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
❄️	3	**Jan**	Tues		**Ukemi**	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
❄️	4	**Jan**	Thurs		**Ukemi**	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
❄️	5	**Jan**	Tues		Basic Form	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma
❄️	6	**Jan**	Thurs		Various postions	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma
❄️	7	**Jan**	Tues		With Movement	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma
❄️	8	**Jan**	Thurs		Randori	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	**Osoto Gari / Gaeshi**	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma	Osoto Gari / Gake / Otoshi / Guruma
❄️	9	Feb	Tues		Basic Form	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate
❄️	10	Feb	Thurs		Basic Defense	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate
❄️	11	Feb	Tues		Advanced Defense	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate
❄️	12	Feb	Thurs		Newaza Randori	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa Gatame	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate	Kesa ➡ Kata ➡ Kami ➡ Ushiro ➡ Yoko ➡ Tate
❄️	13	Feb	Tues		Basic Form	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi
❄️	14	Feb	Thurs		Various postions	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi
❄️	15	Feb	Tues		With Movement	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi
❄️	16	Feb	Thurs		Randori	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	**Ouchi Gari / Ko Uchi**	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi	Uchimata + Hane Goshi
❄️	17	March	Tues		Basic Form	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori
❄️	18	March	Thurs		Basic Defense	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori
❄️	19	March	Tues		Advanced Defense	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori
❄️	20	March	Thurs		Newaza Randori	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori	Newaza Randori
❄️	21	March	Tues		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
❄️	22	March	Thurs		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
❄️	23	March	Tues		Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test
❄️	24	March	Thurs		Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions
					Starting APRIL for the Spring session													
🌷	1	April	Tues			Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌷	2	April	Thurs			Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌷	3	April	Tues			Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌷	4	April	Thurs			Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌷	5	April	Tues		Basic Form	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Morote Seoinage	Morote Seoinage	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi
🌷	6	April	Thurs		Various postions	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Morote Seoinage	Morote Seoinage	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi
🌷	7	April	Tues		With Movement	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Morote Seoinage	Morote Seoinage	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi
🌷	8	April	Thurs		Randori	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	**Ippon Seoinage**	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Ko Uchi Makikomi / Ippon Seoi / Ippon Osoto	Morote Seoinage	Morote Seoinage	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi	Morote Seoinage + Sode Tsuri Komi Goshi
🌷	9	May	Tues		Basic Form	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame
🌷	10	May	Thurs		Basic Defense	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame
🌷	11	May	Tues		Advanced Defense	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame
🌷	12	May	Thurs		Newaza Randori	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kami Shiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame	Kuzure Kamishiho Gatame
🌷	13	May	Tues		Basic Form	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi
🌷	14	May	Thurs		Various postions	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi
🌷	15	May	Tues		With Movement	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi
🌷	16	May	Thurs		Randori	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	**Intro To Hiza (Uke in kyoshi)**	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi	Sasae Tsuri Komi Ashi
🌷	17	June	Tues		Basic Form	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	Yoko Shiho Gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌷	18	June	Thurs		Basic Defense	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌷	19	June	Tues		Advanced Defense	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌷	20	June	Thurs		Newaza Randori	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	Yoko ➡️ Tate Shiho Gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌷	21	June	Tues		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🌷	22	June	Thurs		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🌷	23	June	Tues		Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test
🌷	24	June	Thurs		Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions
					Starting July for the Summer session													
🌞	1	July	Tues		Ukemi	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	**Ukemi**	Ukemi	Ukemi
🌞	2	July	Thurs		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌞	3	July	Tues		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌞	4	July	Thurs		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🌞	5	July	Tues		Basic Form	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi
🌞	6	July	Thurs		Various postions	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi
🌞	7	July	Tues		With Movement	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi
🌞	8	July	Thurs		Randori	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	**OGoshi**	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi	Tsuri Goshi
🌞	9	August	Tues		Basic Form	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi
🌞	10	August	Thurs		Basic Defense	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi
🌞	11	August	Tues		Advanced Defense	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi
🌞	12	August	Thurs		Newaza Randori	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi	Sankaku Gatame Osaekomi
🌞	13	August	Tues		Basic Form	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage
🌞	14	August	Thurs		Various postions	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage
🌞	15	August	Tues		With Movement	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage
🌞	16	August	Thurs		Randori	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	**Koshi Guruma**	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage	Yoko guruma / uranage
🌞	17	Sept	Tues		Basic Form	Kesa ➡ Kata	Kesa ➡ Kata	Kesa ➡ Kata	Kesa ➡ Kata	Kesa ➡ Kata	Kesa ➡ Kata	Kesa ➡ Kata	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌞	18	Sept	Thurs		Basic Defense	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌞	19	Sept	Tues		Advanced Defense	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌞	20	Sept	Thurs		Newaza Randori	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	Kata gatame	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza	shimewaza
🌞	21	Sept	Tues		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🌞	22	Sept	Thurs		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🌞	23	Sept	Tues		Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test
🌞	24	Sept	Thurs		Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions
					Starting October for the Fall session													
🍂	1	Oct	Tues		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🍂	2	Oct	Thurs		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🍂	3	Oct	Tues		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🍂	4	Oct	Thurs		Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi	Ukemi
🍂	5	Oct	Tues		Basic Form	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma
🍂	6	Oct	Thurs		Various postions	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma
🍂	7	Oct	Tues		With Movement	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma
🍂	8	Oct	Thurs		Randori	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	**Uki Goshi**	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma	Harai Goshi / Ashi guruma
🍂	9	Nov	Tues		Basic Form	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho
🍂	10	Nov	Thurs		Basic Defense	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho
🍂	11	Nov	Tues		Advanced Defense	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho
🍂	12	Nov	Thurs		Newaza Randori	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa Gatame	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho	Kuzure Kesa ➡ Kuzure Yoko Shiho ➡ Ushiro Kesa ➡ Kuzure Kamishiho
🍂	13	Nov	Tues		Basic Form	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi
🍂	14	Nov	Thurs		Various postions	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi
🍂	15	Nov	Tues		With Movement	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi
🍂	16	Nov	Thurs		Randori	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	**Intro to Tai (Uke in kyoshi)**	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi	Tai Otoshi
🍂	17	Dec	Tues		Basic Form	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡️ Ushiro Kesa	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho ➡ Tate Shiho	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho ➡ Tate Shiho ➡ Kata Gatame	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho ➡ Tate Shiho ➡ Kata Gatame	Kesa ➡ Ushiro Kesa ➡ Yoko Shiho ➡ Tate Shiho ➡ Kata Gatame
🍂	18	Dec	Thurs		Basic Defense	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Yoko Shiho	Yoko Shiho	Tate Shiho	Kata Gatame	Kata Gatame	Kata Gatame
🍂	19	Dec	Tues		Advanced Defense	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Yoko Shiho	Yoko Shiho	Tate Shiho	Kata Gatame	Kata Gatame	Kata Gatame
🍂	20	Dec	Thurs		Newaza Randori	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Ushiro Kesa	Yoko Shiho	Yoko Shiho	Tate Shiho	Kata Gatame	Kata Gatame	Kata Gatame
🍂	21	Dec	Tues		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🍂	22	Dec	Thurs		Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep	Test Prep
🍂	23	Dec	Tues		Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test	Test
🍂	24	Dec	Thurs		Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions	Promotions